

International Conference on  
**PSYCHOLOGICAL WELLBEING  
IN THE PANDEMIC ERA**



**Organised by**

Kateel Ashok Pai Memorial College, Shivamogga  
Kuvempu University  
Bharatiya Vidya Bhavan, Bengaluru

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Shivamogga 577201 Karnataka

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# Pre Conference workshop

05 August 2021

Savouring as a tool for neutralizing and optimizing rumination



**Fr. Alex Arockiasamy**

De La Salle University, Philippines  
Clinical Hypno Therapy



**Dr. Prasant Kumar Roy**

Head of the Department of Clinical  
Psychology, Institute of Psychiatry-  
A centre for Excellence , Kolkata

# Inaugural Session

06 August 2021

## Inaugural address



**Shri H N Suresh**

Director, Bharatiya Vidya Bhavan,  
Bengaluru

## Key Note Address



**Professor (Dr.) Sam Manickam**

De La Salle University, Philippines  
Clinical Hypno Therapy

## Chief Guest's Address



**Dr. Rajani A Pai**

Director, Manasa Trust, Shivamogga

## Presidential address



**Professor Veerabhadrapa B P**

Honorable Vice Chancellor, KU

# Plenary Session

07 August 2021

Technology addiction, Mental Health and Pandemic



**Dr. Suhas Ganesh**

Post Doctoral Associate,  
Department of Psychiatry, Yale University



**Dr. Rakshathi Basavaraju**

Post Doctoral Research Scientist  
Columbia University Medical Center, USA

## Session Chair



**Dr. Rajendra Chenni**

Chief Academic Advisor, Manasa Trust

## Valedictory Session

Valedictory Address



**Dr. Kalyansundaram**

Former CEO, Richmond Foundation,  
Bengaluru

Chief Guest's Address



**Dr. Preethi V Shanbhag**

Presidential Address



**Dr. Sandhya Kaveri**

Principal, Kateel Ashok Pai Memorial College

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06 -07 August 2021

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Former Chairperson of Post Graduate Department of Psychology, Bangalore University

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**Anxiety And Distress In Cancer Patients And  
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## 1. CHALLENGES OF CLINICAL PSYCHOLOGY TRAINEES AND THEIR COPING STRATEGIES DURING THE COVID-19 PANDEMIC: A QUALITATIVE STUDY

- Chetan S V

### Abstract

M.Phil. Clinical Psychology in India involves rigorous training in diagnosis, assessment and interventions with the clinical population and fulfil a prescribed number of hours of formal training. However, the pandemic has disrupted this formal training component and forced both the therapists and the patients to adapt to the virtual mode of delivery of psychological services. This is an exploratory inquiry into the challenges faced, and coping by M.Phil. Clinical Psychology Trainees from Bangalore. The objectives of the study were to understand (i) the training related challenges faced by trainee Clinical Psychologists during the pandemic; and, (ii) the coping strategies they have adopted in this current situation. The participants were purposively selected to include ten second year M.Phil. Clinical psychology trainees between 26-29 years of age, from a hospital-based institution in Bangalore. Out of the ten participants, eight were females and two were males. Semi-structured interviews were conducted through online platforms during November 2020 and the responses were analyzed qualitatively using thematic analysis. The findings revealed that the training related challenges include difficulty in conducting online assessments and therapy, shift to online academics, less exposure to specialty postings and difficulty in establishing and maintain therapeutic alliance. The coping strategies used by the trainees included acceptance of the situation, using better communication with supervisors and patients, greater verbal expressions of emotions with patients, indulgence in self-care and emotional and academic support through supervision and institute. The strengths, limitations and implications of this study will be discussed.

*Key words: COVID-19 pandemic, Psychotherapy training, Coping, Qualitative research*

## **2. BEING A CORE SUBJECT TEACHER IS A CURSE': AN EVIDENCE FOR TEACHER PERCEPTIONS OF STRESS AND PSYCHOLOGICAL WELL-BEING**

- Chinthana R, Lena A & Virupaksha D

### **Abstract**

Teacher stress has received scant attention in India. This study examined secondary school teachers' perceptions of their daily stresses and how they attempt to cope with such situations. Interviews were conducted with four secondary school teachers and four Head teachers from a variety of school types in Udupi District. The teachers identified many work-related sources of stressors. Several particularly stressful factors were identified, including the target set by the state government for schools to achieve a hundred percent passing result in the secondary school leaving certificate board exams, management of various adolescent behaviours and heavy workload. These stresses closely mirrored those described in international literature. Levels of stress and methods of experiencing better well-being varied widely among the sample. One strong finding was the lack of suitable training and preparation felt by the participants, particularly in methods of dealing with sensitive and stressful situations in adolescents, guiding their parents, and in appropriate means of reaction to student behaviour. Teachers are an important resource whose psychological well-being has not received the attention it is due. An intervention program designed to fit their felt needs may be a step in the right direction.

*Key words: Secondary schools, Teachers, stress, psychological well-being*

### **3. TO ASSESS THE RELATIONSHIP BETWEEN PERSONALITY TRAITS AND DEPRESSION AMONG ADOLESCENT GIRLS OF JAMMU CITY**

- Pallavi A & Arti B

#### **Abstract**

Personality traits are the major components that influence different aspects of an individual's mental health and well-being. The present study aims to assess the relationship between Big five personality traits (OCEAN) and depression among adolescent girls of Jammu city. The sample consisted of 300 female adolescent students aged between 16-18 years and studying in classes 11th and 12th of government and private senior secondary schools of Jammu city. Depression levels of the participants were assessed using the 11-item Kutcher Adolescent Depression Scale, and personality traits via the 44-item Big Five personality Inventory developed by John and Srivastava. Pearson correlation was used to assess the relationship of five personality traits namely, openness, conscientiousness, extraversion, agreeableness and neuroticism, with depression. The results and implications of the study will be discussed later.

*Key words: personality traits, depression, females, adolescents, Jammu city,*

#### 4. EXPLORATORY AFFECT OF ASPIRATION AND SELF-REGULATION ON SELF HANDICAPPING BEHAVIOUR AMONG GOVERNMENT SCHOOL STUDENTS

-Meghana M & Sudha R

##### Abstract

The present study attempted to investigate the relationship between Aspiration and Self-Regulation on self-handicapping Behavior (SHB) among Government School students. The sample of 160 Government school students both Girls and Boys were taken for the study from class 9th to 12th. The data was collected through the Self-Handicapping Behavior Scale (Jones & Rhodewalt 1982, Aspiration Index (Kasser & Ryan 1996) and Academic Self-Regulation Questionnaire (Ryan & Connell 1989). The statistical analysis included Pearson correlation and regression. Findings revealed that SHB is positively related with intrinsic aspiration ( $r=.178$ ,  $p<0.05$ ) and negatively related to identified regulation ( $r=.180$ ,  $p<0.05$ ) and intrinsic motivation ( $r=.190$ ,  $p<0.05$ ). It was also found that the predictor variable of study viz. aspiration and self-regulation contributed 5.8 % variance in predicting self-handicapping behavior. Taking the respective results into consideration, psychologists, social workers, and other professional services can help the children to inculcate an increased sense of aspiration and self-regulation which can help them to grow in a variety of domains such as enhancing identity issues, positive development, and in the supportive therapeutic settings to help alleviate stress.

*Keywords: Self-Handicapping Behavior, Aspiration, Self-Regulation, Government school students*

## **5. MEDIATING ROLE OF EMOTIONAL COMPETENCE BETWEEN SELF CONCEPT AND PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS**

- Pallavi A & Arti B

### **Abstract**

Literature suggests the central role of Self Concept on Psychological Wellbeing among adolescents and also the association of Emotional Competence with Self Concept and Psychological Wellbeing. The objective of present study is to examine the relationship between Self-Concept and Psychological Wellbeing mediated by Emotional Competence. Sample consists of 298 adolescents (57.5% females) aged between 13 to 19 years (mean 15.8 and SD 1.63) from Mangalore, Udupi and Kodagu districts using convenient sampling method. Children's Self Concept scale (Ahluwalia and Singh, 2012), Emotional Competency Scale (Sharma and Bharadwaj, 2016) and Psychological Wellbeing scale (Sisodia and Choudhary, 2012) were administered using Google forms. Variables considered are Self- Concept, Emotional Competence and Psychological Wellbeing. Study involves correlational research design and the survey approach was used. Descriptive statistics and Pearson bivariate correlation were performed at preliminary level followed by Mediation analysis as there is significant positive correlation among the variables. Results revealed Emotional Competence mediates the relationship between Self-Concept and Psychological Wellbeing of adolescents. The results implicate Psychological Wellbeing among adolescents can be influenced using the interventions to enhance Self Concept and Emotional Competence among adolescents.

*Keywords: Adolescents, Emotional Competence , Self Concept, Psychological Wellbeing , Mediation.*

## 6. WHY DO THE SURVIVORS OF SEXUAL ABUSE REMAIN SILENT?

-Navyashree G C & M Y Manjula

### Abstract

In spite of having laws and committees to ensure protection of children from sexual abuse in India, the situation has not changed much. Though there is rise in the reporting of incidents of sexual abuse, many incidents go unreported or not more than convincing the child to stay silent is happening. The present study aims at exploring the percentage of incidences of child sexual abuse reported, and the response of people to whom the incident was reported. From these two objectives the current study also delineates the reason for silence about sexual abuse. In the present study 104 adolescent college going girls with the experience of contact sexual abuse participated. Structured interview schedule developed by the researcher was used to explore the objectives. The results were represented using percentage and further thematic analysis is used for the analysis of the qualitative data. Results indicate that majority of the survivors of sexual abuse reported the incident of sexual abuse to their mother and close friends. Thematic analysis indicates that , when an incident of sexual abuse was reported varied active and passive responses were shown. Active responses for the disclosure of the incident of sexual abuse included Showed resentment and took action and suggested to fight against the perpetrator and passive responses included ignorance, avoidance, over protection, worrying etc..

*Key words: Sexual abuse, disclosure, active response, passive response.*



## 7. COVID 19 E-LEARNING AND ACADEMIC PERFORMANCE OF STUDENTS: AN ANALYSIS IN THE ERA OF NEW NORMAL

-Thulasikanthan M& Sucharita D

### Abstract

The COVID 19 Pandemic, the disease caused by severe acute respiratory syndrome coronavirus SARS-CoV-2 is one of the most disastrous pandemic in the history of mankind since 2020. This highly infectious virus, with a longer incubation period, primarily affects the respiratory system. The World Health Organization (WHO) has named the disease as Corona Virus Disease 2019 (COVID-19; Wu et al., 2020) and because of its rapid spread and expansion around the world, declared this as a global pandemic (Rothan and Byrareddy, 2020). In the recent years, this infectious organism has now become one of the deadliest health, social, and economic problems worldwide (Nicola et al., 2020). Ever since it has been identified, this COVID19 has been a major impact on people and the economic, social and emotional disturbances caused by this pandemic is dreadful and totally devastating. Infact this pandemic had literally forced a new normal way of living in all walks of life. Education is one such field which has undergone major changes in terms of its teaching and learning process. Most of the schools and colleges had started adopting e- learning model and starting conducting online classes. Though e-learning is widely proclaimed to be an effective mode of education, certain limitations were observed especially when it comes to rural and economically backward students. This study is undertaken to systematically analyse the effectiveness of e-learning model among school and college students. A online survey Questionnaire was circulated through whatsapp/email and the respondents were also requested to provide information regarding their experiences, perceived benefits of e learning and their impact on their academic performance. A total of 100 students participated voluntarily and their responses recorded through Google form. The collected data was statistically analysed and the results indicate significant differences among different age groups and socio economic backgrounds in terms of effectiveness of e- learning model. The study further describes the impact of other pertinent demographic variables on e-learning and academic performance of the students.

*Key words : E-learning Model, New Normal, perceived usefulness, e-learning experience, academic performance*

## 8. QUALITATIVE SYNTHESIS AND SYSTEMATIC REVIEW: PRECARIOUS EMPLOYMENT, PANDEMIC, AND WELL-BEING

-Sumangali R N

### Abstract

Literature suggests the central role of Self Concept on Psychological Wellbeing among adolescents and also the association of Emotional Competence with Self Concept and Psychological Wellbeing. The objective of present study is to examine the relationship between Self-Concept and Psychological Wellbeing mediated by Emotional Competence. Sample consists of 298 adolescents (57.5% females) aged between 13 to 19 years (mean 15.8 and SD 1.63) from Mangalore, Udupi and Kodagu districts using convenient sampling method. Children's Self Concept scale (Ahluwalia and Singh, 2012), Emotional Competency Scale (Sharma and Bharadwaj, 2016) and Psychological Wellbeing scale (Sisodia and Choudhary, 2012) were administered using Google forms. Variables considered are Self- Concept, Emotional Competence and Psychological Wellbeing. Study involves correlational research design and the survey approach was used. Descriptive statistics and Pearson bivariate correlation were performed at preliminary level followed by Mediation analysis as there is significant positive correlation among the variables. Results revealed Emotional Competence mediates the relationship between Self-Concept and Psychological Wellbeing of adolescents. The results implicate Psychological Wellbeing among adolescents can be influenced using the interventions to enhance Self Concept and Emotional Competence among adolescents.

*Keywords: Adolescents, Emotional Competence , Self Concept, Psychological Wellbeing , Mediation.*

## **9. SOCIAL ISOLATION, POSITIVE AND NEGATIVE AFFECT AND PSYCHOLOGICAL WELL-BEING IN PRE, POST AND DURING COVID-19 PANDEMIC IN INDIA: A COMPARATIVE STUDY**

**-Anupam P & Kumar U**

### **Abstract**

The Covid-19 Pandemic has created a worst situation in the form of complete restriction and strict lockdown during its first wave which has affected people's emotional state and psychological well-being. This study was conducted to enquire and understand the feeling of social isolation, positive and negative affect and subjective well-being among Indian people in pre, post and during 1st wave of the Covid-19 pandemic. Sample consisted of participants from all parts of the country and age group varied between 17 years and 63 years. Study was conducted in three phases at different times. The measures/scales for social isolation, Positive and Negative Affect (PANAS), and Subjective Well-being were adopted and data were collected online. Feeling of Social isolation was found high during Covid-19 restrictions in comparison to pre and post restrictions. But, psychological well-being of participants was found worse in post- covid (first wave) situation in comparison to pre-covid and during Covid restrictions. Positive affect were lower than negative affect in both during-covid and post-covid situations. Although positive correlations were found between Social Isolation and Psychological well-being in pre-covid and during covid restriction situations, but it was not significant in post-covid situation.

Gender, Socio-economic Status (SES) and locality (Urban/rural) were some important demographic variables which have moderated the association between social isolation and psychological well-being. These research findings reflect the psychological status of people's mind. As the Covid-19 pandemic is not over, study of feeling of social isolation and psychological well-being during second wave of Covid-19 pandemic will help to understand their association better.

*Keywords: Social Isolation, Positive and Negative Affect, Psychological well-being, Covid-19.*

## 10. SCHOLASTIC ACHIEVEMENT OF ADOLESCENTS IN RELATION TO NUTRITION AND PHYSICAL ACTIVITY

-Yashpal S & Davinder S J

### Abstract

Education is considered as an important index to measure societal development. Its prime focus is on overall development (knowledge acquisition, personality development etc.) of child, so that they can live an independent and self-sufficient life. School education is an important segment of the whole educational structure and therefore performance and achievement of children at school level play crucial role in their life. Scholastic achievement is considered as a key criterion to judge child's total potentiality and capacity therefore it occupies a very important place in education as well as in the learning process. It is a quality factor which determines individual's productive capacity in the labor market. Good (1959), define scholastic achievement as "accomplishment or proficiency of performance in a given skill or body of knowledge". Health is considered as one of the most important value of the society and has been prioritized as one of the key objective of sustainable development. The relationship between adolescent's health and their corresponding scholastic achievement is complex. The crucial parameters of adolescent's health are Nutrition and Physical activity. Nutrition comprised of Macro-nutrients (Carbohydrate, Proteins, and Fats) and Micro-nutrients (Vitamins and Minerals) which shows direct association with the Scholastic performance of adolescents. Study by Demirezen & Cosansu, (2005) indicates that malnourishment among adolescents was accountable to slow down their overall scholastic achievement. Insufficiency of nutrition has direct impact on brain development and cognitive functioning, which further accountable for poor scholastic achievement. Physical activity is considered as any bodily movement produced by skeletal muscles which entail energy expenditure like working, playing and travelling. Physical activities are responsible for stimulation of brain biochemical which increases the level of concentration and positivity. Study by Bidzan-Bluma & Lipowska (2018) indicates that involvement in sports has positive impact on cognitive functioning. Study by Burns, Fu, Brusseau, Clements-Nolle, & Yang (2018) revealed that daily physical activity regime among adolescents was associated with high academic scores. This indicates that adequate Nutrition and Physical activity play pivotal role in the scholastic achievement of adolescents.

*Keywords: - Scholastic achievement, Nutrition, Physical activity, Adolescents*

## 11. PSYCHOLOGICAL WELLBEING AMONG THIRD AGE DURING COVID-19

Swati J & Priya C

### Abstract

Corona is a major pandemic for the entire world at present. In the present situation, humankind is terrified because of the disturbing circumstances of the ongoing pandemic of covid 19. It affects all types of age groups, especially third age groups i.e., elderly people. Elderly people are the major victim of this outbreak. The malady brought by the new virus COVID -19 where elderly people are more vulnerable to this extreme disease. Research data in studies yielded that elderly person and grown-up 60's and individuals with prior ailments, particularly coronary illness, lung malady, diabetes have more chance than other age groups. Ageing is a natural phenomenon where already there are various changes in the human body. As long as consideration is not taken, the elderly as a group will face serious consequences for their physiological and behavioural well-being. It is a review article where paper from different databases were analysed .The result of the study found that covid -19 have impact on elderly on every aspect of their life such as economic well-being, psychological wellbeing, physical health. Now during this covid -19 pandemic, the cognitive functioning of the aged people is more affected. The current paper reviews the covid 19 effects on psychological wellbeing of elderly people and find the strategies how to cope with this pandemic. Based on the available scientific evidence, it was concluded that coping plays a very important role to deal with psychological wellbeing issues.

*Keywords: Psychological wellbeing, Elderly people, Covid -19, Coping*

## 12. POSITIVE COMMUNICATION: INCLUSION IN TEACHER TRAINING PROGRAMS AND ITS IMPACT ON STUDENT

-Garima P & Zubby H

### Abstract

The recent researches on positive communication in context to organizations signal the potential and relevance it holds as a concept to be explored in conjecture to an educational setting. The present research attempts to elaborate the conceptual understanding of positive communication by reviewing the verbal and non-verbal components it consists of. The study then moves with a goal of evaluating the interrelatedness of positive psychology constructs like a) positive emotions, b) engagement, c) savoring, and d) adjustment with positive communication applicable in the education sector. As the existence of voluminous literature devoted to different aspects of communication, positive communication in context to an educational setting remains very under-researched. A theoretical literature review was performed, so as to attain a deeper knowledge about the emerging concept of Positive Communication. Published abstracts, full-text papers, and articles from various databases were referred. We have elucidated the immediate and urgent need in the current education system for developing the skill of positive communication among educators. Since classroom setting relies heavily on interpersonal relationships, execution of positive communication skills can benefit the teacher as communication can be considered as a potential predictor for an individual's physical and mental health (Mukherji, 2017). The study reflects upon the model of positive communication developed by J.C Mirivel and leads to the emergence of a theoretical model. Through this model, the authors have suggested the core competencies of positive communication required by a teacher to generate a positive environment for the student in order to achieve his/her wellbeing. Thus, setting in motion a new stage of future researches in the field of positive communication.

*Keywords: Positive communication, Positive emotions, Engagement, Savoring, Adjustment*

### **13. IMPACT OF INFORMATION OVERLOAD ON LEARNERS – AN OVERVIEW**

-Chethan N

#### **Abstract**

American Psychological Association defines information overload as the state that occurs when the amount or intensity of information exceeds the individual's processing capacity, leading to anxiety, poor decision making, and other undesirable consequences. The whole scenario of education has been changed since two decades with the introduction of ICT enabled teaching and learning. Due to techno dependency, the learner has easy access to enormous information at the finger tip. Studies have found that this condition has led to information overload thereby conspicuously reducing the decision making capability of learners. Learners are remarkably bombarded with high amount of information which could be relevant or irrelevant, or both. To decide the relevance of available material has become a biggest challenge for the learners and researchers as it causes dilemma & distraction. It is also found that information overload results in diminished learning process. Mental wellbeing of learners is at stake due to information overload. Studies have found that perceptions of information overload were a significant predictor of depressive symptoms, which in turn, negatively influenced individuals' well-being over time. Information overload is causing severe stress in the information seekers. Implications of these findings are discussed in the present paper. This paper is based on the secondary source of information. An earnest attempt is made to analyze the causes, effects and coping strategies in combating information overload.

*Keywords: Information overload, education, ICT enabled learning, decision making, mental wellbeing*

## 14. INTERNET ADDICTION AND SOCIAL ANXIETY AMONG YOUNG ADULTS

- Prithvi N & Ashwini S

### Abstract

The internet is one of the most widely used means of communication, connecting people all over the world, in association with the rapid escalation of consumed internet content and the wider availability of smartphones and tablets with internet access, is providing a new challenge for classical addictology which requires immediate solutions. High comorbidity of internet addiction with psychiatric disorders has been reported in cross-sectional studies on patient samples, particularly affective disorders (including depression), anxiety disorders (generalized anxiety disorder, social anxiety disorder), and attention-deficit/hyperactivity disorder. The objectives of this study were to find out the level of internet addiction and social anxiety among male and female young adults and to study the relationship between internet addiction and social anxiety. The research was conducted on 100 male and female college students aged between 18 to 24 years. The data was collected through the purposive sampling method. Young's Internet Addiction Scale, consisting of 20 items, was used to calculate internet addiction scores, and Liebowitz Social Anxiety Scale (LSAS) was used to assess social anxiety in this study. The scores were calculated, and the data were analyzed using SPSS. The study found a correlation between internet addiction and social anxiety among male and female young adults ( $r = .018$ ,  $P = .236$ ). And found no significant difference between males and females on the level of internet addiction and social anxiety. The results of the current study support previous evidence for the co-occurrence of internet addiction and social anxiety, while further studies need to clarify this association.

*Keywords: Internet addiction, Social anxiety, Young adults.*



## 15. ADOLESCENT EMOTIONS: THE MEDIATING ROLE OF GENDER ON POSITIVE AND NEGATIVE EMOTIONS

-Hita C R & Michel M S

### Abstract

Adolescence, often seen as a stage of paramount importance on the developmental continuum, is considered as a crucial age for emotional growth. Paradoxically, adolescence is also a time of volatile emotions and emotional upheavals that can have long term adverse consequences. Since emotions play a vital role in determining health and wellbeing, the present study investigates the incidence of positive and negative emotions during adolescence. The study also focuses on understanding the role of gender in mediating these emotions as well as examining the relationship between them. 658 adolescent boys (n=336) and girls (n=322) with a mean age of 16.44 years were included in the study. Positive and Negative Affect Schedule (PANAS) was used to measure positive-negative emotions in the sample.

Obtained data was analyzed using descriptive statistics, t test and Pearson's product movement correlation. The results of the study indicate that adolescents, in general, experience significantly higher negative emotions than positive emotions and gender seems to play an imperative role in defining it. The findings likewise reveal that a significant inverse correlation exist between positive and negative emotions in the adolescent group.

*Key Words: Adolescence, Emotions, Positive Emotion, Negative Emotion*

## 16. INTERNET ADDICTION AND LOCUS OF CONTROL AMONG YOUNG ADULTS DURING THE COVID-19 PANDEMIC

-Shika K J & Sapthashee M

### Abstract

Internet addiction and Locus of control among young adults during the covid-19 pandemic of 2nd stage: The present research is to examine the relationship between locus of control and internet addiction among young adults in urban areas of India. The objective of the study is to explore the gender difference if any in Internet addiction, To explore gender differences if any in Locus of Control, To study the relationship if any between Internet addiction and locus Of control . Based on the previous studies, a hypothesis was framed that there is no significant relationship between Internet addiction and locus of control among young adults males , there is no gender differences in Locus of control , there is no gender differences in Internet addiction, and that, there is no significant relationship between Locus of Control and Internet addiction young adults female, the sample consists of 100 young adults in urban areas of India who were studying UG, PG, working and non working. Young adults were administered a Julian B. Rotter's Locus of control scale (1966) and Dr. Kimberly S. Young's Internet addiction test (1998).The obtained data were analysed using 't- test' and Pearson correlation coefficient , The obtained result shows that "there is no significant difference in internet addiction and Locus of control among young adults and that there is no significant gender difference in internet addiction and Locus of control" which fails to reject null hypothesis. In this 2nd stage of covid-19 pandemic the usage of internet addiction is mild level and there is no significant relationship between internet addiction and Locus of control among young adults

*Key words : locus of control, internet addiction*

## 17. A STUDY ON SELF-EFFICACY AND SATISFACTION-WITH-LIFE IN ADOLESCENTS

- Veena N

### Abstract

This study was carried out to gain insight into levels of Satisfaction with life (SWL) & Self-Efficacy (SEFF) in adolescents and to see whether there are gender and age differences in these two variables. I also tried to examine the kind of correlation between these two variables. The sample consisted of 189 students in the age group 12-16 years. The tools used were Satisfaction with Life Scale by Ed Diener and Jerusalem and Schwarzer's Self-efficacy Scale. The statistics used to analyze the data were means, standard deviation, T test, percentages and Pearson's product moment correlation coefficient. Gender & age differences were found in both SEFF and SWL. The mean of girls in SWL was higher than the mean of boys. Younger adolescents were higher in SWL than older adolescents. More number of girls were high in SEFF than boys. The results revealed a positive correlation between SWL and SEFF. This paper also explores how these two dimensions influence the adolescent's motivation level, self-confidence, resilience, interpersonal relationships and psychological well-being.

*Key words: Self-efficacy, satisfaction with life, adolescents*

## **18. PEDODONTIC CONSIDERATIONS IN A CHILD WITH ADHD**

- Mohamad A K

### **Abstract**

**Background:** Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), and Intellectual Disability (ID) are common co-occurring neurodevelopmental disorders; however, limited research exists regarding the presentation and severity of overlapping symptomology, particularly inattention and hyperactivity/impulsivity, when a child is diagnosed with one of more of these neurodevelopmental disorders. **Aims and Objectives:** As difficulties with inattention and hyperactivity/impulsivity are symptoms frequently associated with these disorders, the current article aims to determine the differences in the severity of inattention and hyperactivity/impulsivity in children diagnosed with ADHD, ASD, ID, and co-occurring diagnosis of ADHD/ID, ASD/ADHD, and ASD/ID. **Method and Procedure:** A patient aged about 7 years, reported to the department with the chief complaint of pain in the lower right back teeth region, since 2 months. Past medical history reveals a known case of autism, and was on medication, since 5 years. Total rehabilitation was done by restoration of and Extraction of grossly destructed teeth root stumps. Patient was discharged on the next day of the procedure. **Summary and Conclusions:** The dental treatment of patients with ASD requires knowledge of the individual's behavioral profile. When commencing dental treatment, it is important that the professional collects data on the patient's medical and dental history, as well as possible comorbidities and medications in use. Making the dental appointment less aggressive for the patient with ASD should be the primary goal of the dentist

## 19. GENDER STEREOTYPE AND HOMOPHOBIA AMONG YOUNG ADULTS

- Swathi P S & Mahesh Babu

### Abstract

Today's youth is tomorrow's future. Any unhealthy attitude that the youth holds will be passed on to the next generation. Gender stereotype is a widely held belief or generalization about the behaviors, characteristics and roles performed by women and men. Homophobia is negative attitudes, beliefs, aversion, prejudice, attitude, against homosexual people. The current study focuses on Homophobia and Gender stereotypes among young adults. The study was conducted with the objectives of studying the level of homophobia among male and female young adults, studying the level of Gender stereotype among male and female young adults and to know the relationship between Homophobia and Gender stereotype among young adults. The two separate scales used to assess the variables are Gender stereotype scale by Arjun Sekhar to measure the gender stereotype and Homophobia scale by Lester W. Wright to measure homophobia. The tools were administered along with a socio demographic details questionnaire on 139 young adults which consist of 80 females and 59 males within the age group of 18 to 35. The samples were selected through purposive sampling. The data was analyzed using Karl Pearson's product moment correlation and Independent samples t-test. The findings of the study indicate that there is a significant difference in Gender stereotypes among male and female young adults and there is no significant difference in Homophobia between male and female young adults. The study also reveals that there is a significant relationship between Homophobia and Gender stereotypes.

*Key words: Gender stereotype, Homophobia, Young*

## 20. EXPERIENTIAL AVOIDANCE AND EMOTION REGULATING STRATEGIES: A STUDY ON MILLENNIAL WOMEN

- Anjali S & Bhoomika K

### Abstract

Experiential avoidance is characterized as attempts to suppress emotions, feelings, memories or other internal experiences which has a significant influence on mental health. Cognitive reappraisal entails using cognitive and linguistic processes to reframe or reinterpret the meaning of a stimulus or a situation in order to regulate the emotions. Expressive suppression is a response focused emotion regulation strategy which involves an individual voluntarily suppressing their outward emotional expressions. The present study investigated the relationship of experiential avoidance with cognitive appraisal and emotion suppression strategies of emotion regulation. The measures used in the study were Brief Experiential Avoidance Questionnaire by Preece, Becerra, Robinson, & Gross (2019), and Emotion Regulation Questionnaire by Gross, & John, (2003). The sample of the study consisted of 140 females in the age range of 18-26 years. The statistical analysis included correlation and regression analysis. Results of the study revealed that experiential avoidance was significantly and positively correlated with emotion suppression strategy of emotion regulation ( $r=0.521$ ,  $p<0.01$ ) whereas no correlation was found with cognitive appraisal strategy of emotion regulation. The regression analysis indicated that experiential avoidance accounted for 27.2% of variance in emotion suppression strategy. Individual's tendency to regulate emotions can help them in maintaining their relationship with others and can also play a significant role in psychotherapeutic settings.

*Key words: Experiential avoidance, Emotion regulation strategy, Cognitive appraisal, Emotion suppression.*

## 21. SELF-CONCEPT AMONG CHILDREN WITH LEARNING DISABILITIES: A META-ANALYTICAL STUDY

- Pallavi P S & Navyashree G C

### Abstract

Learning disabilities are neurological disorders. A child who has learning disabilities will have academic problems. In learning disabilities, there are five types of specific learning disabilities are Dyslexia, Dysgraphia, Dyscalculia, Auditory and Visual Processing, and Nonverbal Learning Disabilities. The exact causes of learning disabilities are not known, but there are some possible causes of learning disabilities. Children with learning disabilities have great trouble in school: because when they start going to school, their disorder onset also starts. The learning problems cause psychosocial problems and affect the self-concept of children with learning disabilities. Self-concept is defined as Self-concept is a set of systematic beliefs about ourselves and how we perceive ourselves (self-perception). It is a relationship with self (self-esteem) on the basis we act and behave. It's called a global self-concept. Academic self-concept will develop how the teacher and peers parents behave in their scholastical learning process that forms academic self-concept. Low self-concept is negative self-concept, which is a product of negative self-perception and low self-worth because of a negative experience in the learning process. The null hypothesis of the study is there is no significant difference in the level of self-concept among children with and without learning disabilities. The objective is to understand the difference in the level of self-concept among children with and without learning disabilities. The researcher used Meta analytical method. So research articles are referred to as research tools. The researcher selected 40 research papers, 14 research studies met the inclusion criteria, and their data have taken for data analysis. The result showed that children with learning disabilities have low self-concept compared to children without learning disabilities. The null hypothesis is rejected.

*Keywords: Learning disabilities, neurological disorders, Self-concept, self-perception, self-esteem.*

## **22. A SYSTEMATIC REVIEW ON WORK-LIFE BALANCE OF SELF EMPLOYED AND WORKING WOMEN AND ITS INFLUENCE ON THEIR WELL BEING IN ASIAN CONTEXT**

**- Tressa T A, Kavitha G K, Siyana S & Sarah C**

### **Abstract**

Clark (2000) defines work-life balance as “satisfaction and good functioning at work and at home, with a minimum of role conflict.” This paper examines the work-life balance of self employed and working women and its impact on their well being considering the asian cultural context. More than 15 papers published within the time span of 2001 - 2021 had been reviewed. The reviewed studies show that self-employed women have better work-life balance than the working women as they have higher rate of job satisfaction and mental health which leads to their better well being when compared to the working women. This study also takes into consideration the various possible factors that can affect the wellbeing like the marital status of women, parenthood, working hours, working sector, etc. Out of these factors, the reviewed papers show a strong indication of wellbeing being affected by marital status and parenthood. It is important to take a glance at the effect of work life balance in women, both self employed and working women in asian context as culturally women are expected to do the household work while present economic situations expect them to provide financially for the security of the family where the expectation of doing household work is not compromised. Thus having a major impact on the wellbeing of the women. Studies have shown that some women prefer self employment over working under someone else as it provides independence, flexible schedule and thereby better manage both work and family needs.

*Keywords: work life balance, self-employed women, working women, wellbeing.*



## 23. SELF-EFFICACY, ADJUSTMENT AND ACHIEVEMENT MOTIVATION AMONG YOUTHS OF DIFFERENT BIRTH-ORDER

- Pooja B & Mahesh Babu

### Abstract

Self-efficacy refers to the belief that individual has about one's capabilities to learn and perform behaviours at designated period. Achievement motivation is a desire to do well in order to attain inner feeling of personal accomplishment. Adjustment is a small alternation or movement made by an individual to achieve a desirable result. All these behaviours vary across birth-order and gender. Thus, the current studied aimed at finding out the relationship between self-efficacy, adjustment and achievement motivation of youths among different birth-order across gender and further to identify the interaction effects between age and gender in self-efficacy, adjustment and achievement motivation of youths. A purposive sampling of 124 youths (64 males and 60 female) was considered for the study. General Self-efficacy Scale, Bell's Adjustment Inventory and Deo- Mohan Achievement motivation Scale was used to determine the level of self-efficacy, adjustment and achievement motivation of the participants respectively. Two-way ANOVA and Karl Pearson product moment correlation test was used to analyse the difference and association among three variables respectively. The result showed that the female participants have high level self-efficacy and adjustment compared to male participants. The male participants have high level of achievement motivation than female participants. There is significant difference between self-efficacy and achievement motivation among the youths of different birth-order. There exists a significant interaction effect between the birth-order and gender of youths in achievement motivation and finally, there is difference in the level of self-efficacy, adjustment and achievement motivation in the participants based on the birth-orders.

*Keywords: Self-Efficacy, Adjustment, Achievement motivation, Birth-order, Gender.*

## **24. DEPRESSION, ANXIETY AND STRESS IN RELATION TO GENERAL HEALTH AMONG NURSES WORKING IN COVID WARDS**

- Prafulla K J & Pradeep K

### **Abstract**

COVID-19 pandemic has the potential to significantly affect the mental health of nurses, who stand in the frontline of this crisis. It is, therefore, an immediate priority to monitor the mental health issues in order to understand mediating factors and inform tailored interventions. The aim of this study to analyse the extent of depression, stress and anxiety suffered by nurses who are working in COVID-19 wards as well as diagnosing them for possible case of distress. A total of 75 female nurses working in COVID-19 wards answered the Google forms meant for measuring DASS scale developed by Lovibond and Lovibond (1995) and GHQ by Goldberg and Hiller (1979 ). The data collected were analysed through descriptive statistics, chi-square tests and t tests. Results revealed that more number of nurses experienced higher levels of anxiety (48.0%) than depression (10.7%) or stress (0%). Further, it was found that 30.7% of the selected nurses diagnosed as having possible cases of distress. Those with possible case of distress had significantly higher depression, anxiety and stress. The results suggest that a considerable proportion of nurses experience psychological disturbances during this outbreak, stressing the need to establish ways to mitigate mental health risks and adjust interventions under pandemic conditions.

## 25. SOCIAL MEDIA ENGAGEMENT, SELF CONCEPT AND FEAR OF MISSING OUT AMONG YOUNG ADULTS

- Sudheera K, Aditya G & Leeba R E B

### Abstract

Individual differences refers to the field of study which examines psychological differences between people and self concept is an individual's thoughts, beliefs and perceptions about himself or herself. Social media engagement refers to a measure of how an individual interacts with his or her social media accounts and contents. The term Fear of missing out refers to the feeling or perception that others are having more fun, living a better life and expecting better things than you. The present study aimed to explore the relationship between social media engagement, self concept and fear of missing out among young adults. The study was conducted on 267 individuals of age group 19 to 39 using convenient sampling method with Social media engagement and self concept as independent variable and Fear of missing out as dependent variable. An online questionnaire was administered using Google forms, a Google form link was provided which gave the participants access to Robson's self concept questionnaire (Robson, 1989), Przybylski's Social media engagement questionnaire (SMEQ), Przybylski's FoMO scale (Przybylski, 2013) and a personal data sheet. The objective of the study were to discern whether social media engagement and self concept have any influence on fear of missing out and to assess the difference in fear of missing out among different ages. Using mean, standard deviation and Pearson's correlation the investigators found that there is a significant positive correlation between Social Media Engagement and Fear of Missing Out among Adults. The Self-Concept and Fear of missing out showed a significant negative correlation among Young Adults. And it was also found that, there is a negative correlation exist between Age and Fear of Missing Out among Young Adults. Thus the study indicates that reducing social media engagement and promoting self concept among young adults will help to reduce the fear of missing out among young adults .

*Keywords: Social media engagement, Self concept, Fear of missing out, Young adults*

## 26. STIGMA TOWARDS COUNSELLING AND HELP-SEEKING ATTITUDES

-Janaki N & Ashwini S

### Abstract

Stigma has been defined as a mark or flaw resulting from a personal or physical characteristic that is viewed as socially unacceptable. The stigma associated with seeking personal counselling is the perception that a person who seeks psychological treatment is undesirable or socially unacceptable. The aim of this study is to investigate the perceived public stigma and self-stigma towards counselling, and willingness to seek psychological help among college students between 18-23 years as well as employed population between 45-50 years. A sample of 15 female college students, 15 male college students, 15 female employed individuals and 15 male employed individuals were taken for the study. Gender and age group are the independent variables, and perceived public stigma, self-stigma and willingness to seek psychological help (help-seeking attitudes) are the dependent variables. Stigma Scale for Receiving Psychological Help for personal counselling (SSRPH) was administered to assess the perceived public stigma; Self-Stigma of Seeking Help (SSOSH) was administered to assess self-stigma; and Attitudes Toward Seeking Professional Psychological Help- short form for personal counselling (ATSPPH) was administered to assess the willingness to seek psychological help (help-seeking attitudes). Random sampling method was employed for this quantitative research. People residing in India only were considered for the study. Two-way ANOVA and Pearson product moment coefficient of correlation were used for statistical analysis. The findings of the study indicate that there is no significant difference in stigma and help-seeking attitudes across gender and age group. Average negative correlation was found between stigma and help-seeking attitudes.

*Key words: Stigma, Counselling, Psychological help, Attitudes*

## **27. TO STUDY ANY POTENTIAL CONNECTION BETWEEN ACHIEVEMENT MOTIVATION AND PERFORMANCE RELATED ANXIETY IN PEOPLE IN THE PERFORMING ARTS DOMAIN**

**-Rikhia R C & Moumita M**

### **Abstract**

Performance related Anxiety is a social phobia characterised by extreme anxiety and episodes of panic before a performance or competition. Dancer, musicians, actors, and public speakers often get performance anxiety. Achievement motivation can be defined as the striving to enhance one's capabilities and achieve and accomplish more. Additionally, another variable, viz. Narcissism, a condition in which people have an inflated sense of their own importance, was also explored.

The aim of the study is to see if there is any potential connection between Performance Anxiety and Achievement Motivation, as well as Narcissism, in people in the Performing Arts Domain. A sample consisting of 100 individuals were selected on the criteria that they fall under the specified category which was needed to conduct the study; that is, 50 individuals falling under the Dancers category and 50 falling under the other Performing Artists category. An empirical study using Competitive State Anxiety Inventory (CSAI-2), Achievement Motives Scale (AMS- R), Narcissistic Personality Inventory (NPI-16) has been carried out. The result findings tell us that Dancers experience more Performance Anxiety and Achievement Motivation than other Performing Artists but being engaged in Dance or other Performing Arts did not influence participants' reported measures of Narcissism. The findings also suggests that there is a positive correlation between Performance Anxiety and Achievement Motivation as well as Achievement Motivation and Narcissism. Whereas, there is a negative correlation between the Performance Anxiety and Narcissistic Personality measures.

*Keywords: Achievement, Anxiety, Artists, Motivation, Narcissism*

## **28. TO ASSESS THE RESPONSE TOWARDS COVID LOCKDOWN AND ITS IMPACT ON THE MENTAL HEALTH OF THE TRIBAL COMMUNITIES IN KARNATAKA**

- Rakshatha J

### **Abstract**

The term tribe is employed in many various contexts to refer to a category of the human group who are usually considered as underprivileged. The COVID-19 pandemic has led to a dramatic loss of human life worldwide and presents an unprecedented challenge to public mental health and their psychological state, food systems, finances and livelihood. The economic and social disruption caused by the pandemic's lockdown is devastating and a significant number of people are at risk of falling into extreme poverty. This study was to understand the effects of the lockdown on the individuals from the tribal communities. It was conducted on the individuals from Kuruba, Iruliga and Hakki pikki communities in Karnataka. A total of 205 samples were collected using a mixed method during the second lockdown. Qualitative methods were used along with 3 questionnaires. The collected data was analysed using accurate statistical methods. The results will be discussed with their implication values.

*Keywords: Tribal communities, lifestyle, Coronavirus, Covid lockdown, Mental health.*

## **29. RESILIENCE TOWARDS PERCEIVED STRESS AMONG RESTAURANT OWNERS AND CLOTHING STORE OWNERS**

- Mymika N

### **Abstract**

Due to COVID-19 food industry and clothing industries have taken a big hit due to which many restaurant owners and clothing store owners have undergone severe loss and their stress level have been increased in different aspects. This study shows the resilience towards their perceived stress during the lockdown period among the owners and to check if there are any other differences between the two populations. Snowball sampling method was used on 30 restaurant owners and 30 clothing store owners. For the study, resilience appraisals scale by Judith John and for perceived stress, perceived stress scale was used. The appropriate statistical analysis was use. The results will be discussed with their implication value.

*Keywords: Resilience, Perceived stress, Restaurant owners, Clothes store, COVID-19, Lockdown*

### **30. PREVALENCE OF COPING STYLE AMONG LOGISTIC EMPLOYEES WORKING IN BANGALORE, KARNATAKA, SOUTH INDIA**

- Bhargavi B L & Anand S

#### **Abstract**

Coping styles refers to the conscious effort made to confront a stressful situation and dealing with it. Researchers have proposed three distinct types of copying style: problem-focused, emotional-focused and avoidance coping. These have been demonstrated to be associated with mental and physical health either positively or negatively. Hence it becomes important to explore and understand the type of copying styles being employed by people working in different sectors. The present study aimed at exploring the prevalence of coping styles among logistic workers. A total of 162 logistic workers from Bangalore city were employed using convenient sampling method. Each of them was administered copying style questionnaire after obtaining verbal consent. Data gathered was analysed using descriptive statistics to find out the prevalence. Results revealed 17% of the employees using avoidance coping followed by problem focused (12.3%) and emotional focused coping style (9.2%). This suggests that administrators should focus on employee welfare by inculcating programs to sensitize and provide health and wellness program which may in still the use of appropriate coping style.

*Keyword: Coping, problem, emotion, avoidance and logistic employes.*



## 31. EMOTIONAL SELF-EFFICACY AND PERSONAL GROWTH INITIATIVE: A STUDY ON EMERGING ADULTS

- Ananya D & Bhoomika K

### Abstract

Personal growth initiative is an essential construct capable of enhancing psychological, social and emotional well-being of individuals. Personal growth initiative is an individual's voluntary and operational engagement in developing as a person. Emotional self-efficacy is accepted to be one's ability to survive with negative emotions. The present study explored the relationship between emotional self-efficacy and personal growth initiative of individuals.

The tools used in this study were Personal Growth Initiative Scale II developed by Robitschek (2012) and Emotional self-efficacy scale for adolescents developed by Dacre, Qualter, and Pool (2008). The study was conducted on a sample of 150 emerging adults. Statistical analysis included correlation and regression analysis.

Results of the study revealed that personal growth initiative has significant and positive relationship with emotional self-efficacy ( $r=0.391$ ,  $p=0.001$ ). It also revealed that 15.3% variance in personal growth initiative is on account of emotional self-efficacy. The study concluded that development of emotional self-efficacy can be useful in expansion of personal growth initiative of individuals which can contribute substantially in different arenas of life and in enhancing the well-being of individuals.

*Keywords: Personal growth initiative, emotional self-efficacy, well-being*

## 32. CYBERFEMINISM: CHANGING PERSPECTIVE

- Anjani A S & Sneha N

### Abstract

The present paper is a theoretical review of cyberfeminism in the contemporary world. Cyberfeminism consists of two words cyber and feminism and cyberfeminism can be defined as a relationship between the feminist approach and the cyberspace, internet and technology. As the upsurge of technology, feminism has got an upliftment and the internet has been a very imperative source in spreading feminism. Internet presents the space for putting the opinions of oneself in front of other on the cybernetic podium, implied out as cyberfeminism. People have giving atypical views of feminism or may defy or accept the views given by other individuals. Like for few it may be gender equality, for some it may be being grander to other gender, it differs from each individual. The dominant cyberfeminism standpoint takes a ultimate view of cyberspace and the internet as the course of liberty and social constructs like gender as well as sex differences. Through conducting research, the trend observed was that, cyberfeminism is a rising matter of thought and study, it is not a fused set of notions with reference to women and technologies. The internet space has been like an upliftment for females, to learn new thing, and also to engage themselves. In addition, this have also become a source of spreading feminism and acts as a leveller between gender.

*KEYWORDS: cyberfeminism, technology, gender and internet*

### 33. THE OUTCOME OF BELIEFS, NARCISSISM AND MAGICAL IDEATION: A STUDY AMONG YOUNG ADULTS

-Kunalaya J & Sudha R

#### Abstract

After COVID made its entry into our lives nothing has been the usual. Every normal functioning of our lives undergoes many layers of anxiety and risks now, with the sprinkle of difficulties our mental health is at an edge. One of the most affected domains is education, with students' lives being hit from the pandemic. The psychology and medical students are the future of mental health and overall well-being, thus it is necessary to see their well being and factors affecting them. This study aims to witness how the two groups differ on the variables Rational & Irrational Beliefs, Narcissism and Magical ideation in the pandemic era. The samples consisted of 115 participants who were Psychology and medical Students whose psyche was impacted via the on-goings of COVID-19 and were selected based on inclusion and exclusion criteria. The measures of the study included Shortened General Attitude and Belief Scale (Lindner, Kirkby et al 1999), Five Factor narcissism Inventory short (Sherman, E.D Miller, J.D. et al 2016) , and Magical Ideation Scale (Eckbald, M & Chapman, L.J 1983). The two groups medical and psychology students differed on the dimension of need for comfort ( $t= 2.2, p= .030 \& 0.05$ ) and others downing ( $t=2.3, p=0.21 \& 0.05$ ), Magical Ideation ( $t=2.5, p = .013 \& 0.05$ ), and on Antagonism dimension of Narcissism ( $t=3, p= .003 \& 0.01$ ). It can be implicated that magical ideation has touched the lives of today's youth and also how one can predict magical ideation. Arriving at solutions of optimum beliefs to ensure better mental health and providing a safeguard against the attacks of the global pandemic.

*Keywords: magical ideation, narcissism, rational and irrational beliefs, adult*

### 34. LIFE VALUES AMONG WOMEN IN THE PANDEMIC ERA

- Sridevi P, Kaveri K & Varsha R

#### Abstract

Life values guides human behaviour and encourages holistic thinking in the decision-making process. Values emphasises on the importance of shaping the best suitable actions and describe its significance which further highlights the best way to lead the life. With globalization, the life of an Indian women and their responsibilities have been multifaceted, posing challenges with their values and beliefs influenced by their employment and marital status. With the ongoing pandemic, conflicts in women either perceived or actual has influenced their value system. This study aims to understand the life values among women considering their employment and marital status. Data was collected from 85 women aged 18 to 50 years on Life Values Inventory developed by Brown, Duane and R. Kelly Grace (1996) which has 14 sub areas. Independent sample t test was conducted to know the difference between married, unmarried and employed, unemployed women in 14 areas of life values. The results suggested that there is a significant difference between employed and unemployed women in the areas concern for others and humility. Further mean differences on marital status revealed that there is a significant difference between married and unmarried women in the areas belonging, humility and health & activity. This research serves as an aid to women in making decisions about their life roles.

*Key Words: life values, women, marriage, employment, pandemic*

## **35. THE IMPACT OF PERSONAL FABLE ON INTERPERSONAL PERCEPTION IN ADOLESCENTS DURING THE COVID PANDEMIC: A SYSTEMATIC REVIEW**

- Shalini S & Kavyashree K B

### **Abstract**

The COVID-19 pandemic has brutally cut us off from the very connection that sustains our kind. It is therefore a universal need to explore and understand how our lives of social quarantine have affected our interpersonal constructs and abilities. This paper explores the relationship between personal fable and adolescent interpersonal perception in context of the covid era. The purpose of this qualitative systematic review is to assess the potentially detrimental role of personal fable and its impact on interpersonal perception in adolescents of the age group 17-19 years, living in the covid era. This review intends to answer the following research question - How is the interpersonal perception of adolescents impacted by their beliefs of personal fable during the covid pandemic? Inclusion and exclusion criteria were employed to obtain information for review from the electronic databases PubMed, Embase, Sage Journals, SpringerLink and Wiley Online Library, using specific keywords. Narrative synthesis was conducted on the gathered data which gave rise to relevant themes and a new hypothesis. The PICO system was employed to analyse the included research articles and conclusions were drawn accordingly. Data analysis generated conducive evidence from the findings of the included studies. The swaying influence of personal fable was established, the relationship between personal fable and the individuation dimension of separation-individuation was attested to, and the setting for the same in relation to how it affects adolescent interpersonal perception was constructed in the pandemic context. The implications of this premise may aid counsellors, clinical practitioners and educational psychologists in tackling the issue of mental health in adolescents as a result of personal fable and its effect on interpersonal perception during the covid outbreak. Future studies can secure a scientific basis for this proposition and submit effective interventions to approach this problem.

*Keywords: personal fable, covid pandemic, interpersonal perception, interpersonal relationship, separation-individuation*

### **36. SELF-CONCEPT AMONG CHILDREN WITH LEARNING DISABILITIES: A META-ANALYTICAL STUDY**

- Pallavi P S M & Navyashree G C

#### **Abstract**

Learning disabilities are neurological disorders. A child who has learning disabilities will have academic problems. In learning disabilities, there are five types of specific learning disabilities are Dyslexia, Dysgraphia, Dyscalculia, Auditory and Visual Processing, and Nonverbal Learning Disabilities. The exact causes of learning disabilities are not known, but there are some possible causes of learning disabilities. Children with learning disabilities have great trouble in school: because when they start going to school, their disorder onset also starts. The learning problems cause psychosocial problems and affect the self-concept of children with learning disabilities. Self-concept is defined as Self-concept is a set of systematic beliefs about ourselves and how we perceive ourselves (self-perception). It is a relationship with self (self-esteem) on the basis we act and behave. It's called a global self-concept. Academic self-concept will develop how the teacher and peers parents behave in their scholastical learning process that forms academic self-concept. Low self-concept is negative self-concept, which is a product of negative self-perception and low self-worth because of a negative experience in the learning process.

The null hypothesis of the study is there is no significant difference in the level of self-concept among children with and without learning disabilities. The objective is to understand the difference in the level of self-concept among children with and without learning disabilities. The researcher used Meta analytical method. So research articles are referred to as research tools. The researcher selected 40 research papers, 14 research studies met the inclusion criteria, and their data have taken for data analysis. The result showed that children with learning disabilities have low self-concept compared to children without learning disabilities. The null hypothesis is rejected.

*Keywords: Learning disabilities, neurological disorders, Self-concept, self-perception, self-esteem.*

## 37. PARANORMAL BELIEF AND COGNITIVE BIASES DURING PANDEMIC AMONG YOUNG ADULTS

- Anushka J & Sudha R

### Abstract

The outbreak of covid-19 has brought this fastmoving, relentless world to a standstill. The impact of this massive pandemic is not just limited to physical sufferings but also effects the world psychologically. And these psychological effects aren't limited to covid patients but also smacked hard non-patients.

Paranormality is a phenomenon which violates the basic limiting principles of current scientific understanding. Cognitive biases occur when individual deviate from the rationality and norms and tries to form his own judgement and reality. The purpose of the present correlational study is to examine the relationship of Paranormal belief with Cognitive biases among non-covid effected young adults.

For investigating the relationship of paranormal belief with cognitive bias the hypothesis was formulated. For conducting the research, the mixed sample male (n=51) and female (n=51) was collected. Data collection tools used were Revised Paranormal Belief Scale (RPBS) by Tobacyk, 2004, and Davos Assessment of Cognitive Biases Scale by Gaag, M., Napel, 2013. For statistical clarity Pearson correlation coefficient was found. The results of the study revealed the positive and significant correlation between most of the dimensions of paranormal belief and cognitive biases. This study has far reaching implications in planning intervention to break the vicious cycle of subjective beliefs and biased thoughts and heal the wound of global pandemic.

*Key words: Paranormal belief, Cognitive bias, Pandemic, covid 19, young adults*

## **38. LEVEL OF SELF-ESTEEM AMONG COLLEGIATE ATHLETES AND NON-ATHLETES ACROSS GENDER**

- Anushka J & Sudha R

### **Abstract**

Self-esteem refers most generally to an individual's overall positive evaluation of the self. It is composed of two distinct dimensions, competence and worth. The American Psychological Association defines self-esteem as the degree to which the qualities and characteristics contained in one's self-concept are perceived to be positive. According to Rosenberg (1965) - "Self-esteem is the totality of the individual's thoughts and feelings with reference to himself as an object". The present study aimed at finding the level of self-esteem among athlete and non-athlete collegiate students across gender. The sample survey design was used for the study. The Rosenberg self-esteem scale (1965) was distributed to a sample of 120 students and were asked to fill in their socio-demographic details. Variables used were gender, athlete and non-athlete. The collected data was analysed using descriptive statistics of mean and median as well as inferential statistics of independent sample t-test. The results highlight that there is no significant difference in the level of self-esteem among athletes and non-athletes across gender.

*Keywords: Self-esteem, Athlete, Non-athlete, Gender, Collegiate Students*



### **39. PSYCHO-SOCIAL AND MENTAL HEALTH WELL-BEING OF ALCOHOL DEPENDENTS DURING COVID'19: AN OBSERVATIONAL STUDY IN SELECTED REHABILITATION CENTERS OF BANGALORE CITY**

- Mohan K R & S Venkateshmurthy

#### **Abstract**

**Introduction:** The National Mental Health Survey of India (2016) noted that the prevalence of alcohol use disorder is significantly high (4.6% for alcohol use disorder). NMHS of India (2016) reported that there is a very high prevalence of disorders due to misuse of alcohol and treatment gap is 86.3%. Rehabilitation centres in empowering the alcoholic dependents to bring them back to normal level and to lead a happy, satisfied and responsible life. In this connection, the authors have observed the selected 10 rehabilitation centres located in the areas of Bengaluru Urban District. **Objective:** To know the status of Psycho-social and Mental health well-being of alcohol dependents in rehabilitation centres during COVID-19 pandemic. To examine the satisfaction level, and perception on psycho-social services provided by the rehabilitation centres under the study. To suggest suitable recommendations to overcome from the problems. **Methodology:** The data collected from these rehabilitation centers when evaluated. Psycho-social and mental health wellbeing in each centre is noted in a semi structured proforma. The data collected were tabulated, analyzed and the conclusions were drawn based on the findings of the study. **Sample Size:** The sample size is 50 persons with alcohol dependents. This study conducted at selected 10 Rehabilitation centers in Bengaluru urban. **Tools of Data Collection:** A semi-structured proforma Interview schedule used to assess the status of psychological well being. **Results:** 10 rehabilitation centers were evaluated. 60% of them had psycho-social and Mental Health wellbeing. About 22% of the respondents opined in relation to Autonomy and about 38% of the respondents felt Low Environmental Mastery and 76% of them had their own strong purpose in life. **Conclusion:** The Rehabilitation centers in the state of Karnataka run by private organizations. Rehabilitation centers need to instruct the psycho-social and mental health wellbeing in alcohol dependents.

**Keywords:** *Rehabilitations Centers, Alcohol dependents, Psycho-social and Mental Health Well being*

## **40. ANXIETY AND DISTRESS IN CANCER PATIENTS AND THEIR CAREGIVERS DUE TO COVID 19 PANDEMIC**

- M Shrinath B, Suresh R, Krishna P,  
Sanath H & Rajesh S

### **Abstract**

Presently, the COVID 19 has made its presence all over the world and is associated with severe fear in the general public. In people affected with cancer Covid 19 has a negative impact on their mental health well-being and also affects their quality of life. In the current study, psychological stress (anxiety and distress was ascertained in the people affected with cancer and their family caregivers. The current study was done at Mangalore Institute of Oncology, a superspeciality hospital using the conventional paper and pen questionnaire during the first wave from April to June 2020. The questionnaire contained questions regarding the demographic details, and the GAD 7 and Kessler's distress 10 questionnaires to assess generalized and distress respectively. The filled questionnaire was tabulated in Microsoft Excel. The results indicated that both anxiety and distress was high in cancer patients and their family members. The distress was more in the family caregiver than in the patients. Also distress was more in younger cancer patients than the older. The caregivers also expressed financial toxicity and caregivers burnout. The details of the observations will be presented in the talk

## 41. CAN HIGHTECH REPLACE THE HUMBLE TEACHER?

- Shanker Narayan & Arokianathan

### Abstract

"Every few hundred years throughout western history a sharp transformation has occurred. In a matter of decades, society altogether rearranges itself- its world view, its basic values, its social and political structure, its arts, its key institutions.

Fifty years later a new world order exists... our age is such a period of transformation". Peter Drucker. The Pandemic has disrupted the education system like no other event in human history. Technology has come to the aid of the teachers and students alike. The Internet, GOOGLE, ZOOM, SKYPE, WEBEX, etc. and smartphones have become the lifeline of education. It has become a world of volatility, uncertainty, complexity and ambiguity. This study explores the impact of Online Teaching as compared to the normal Offline or Face to Face Mode of Teaching. It tries to find out whether the new ways of interaction, teaching and learning have been effective and if so to what extent. It was found that an overwhelming number of teachers found it monotonous and that students were less receptive and less interactive, resulting in poor teaching results. The students also found Online teaching/ learning boring, dull and less effective. In spite of these drawbacks, Technology in Education is a given. Perhaps blended teaching and learning may be the new normal and both teachers and students have to live with it. Technology may not replace the teacher completely.

*Key words: Transformation, Pandemic, Disruption, Volatility & Ambiguity*

## 42. PSYCHOLOGICAL DISTRESS (DEPRESSION AND ANXIETY) AMONG UNIVERSITY STUDENTS

FRANK & HARIOM

### Abstract

It is known that threefold of all mental health diagnosis are made before the age of 25 years in all the populations putting university students as marking participants as an important target population for study interventions for effective treatment (Pedrelli, et al. 2014). In current study the main variables were the levels of distress, anxiety and depression, which were compared according to students' age, gender and level of education. The study aimed at determining the rate of psychological distress among students, then measured the association with students age, gender and level of education. Convenient sampling technique was used to identify 53 respondents who took part in the study through online survey. Three standardized questionnaires were sent to participants in a google form; The Kessler-psychological-distress-scale (K10), Patients health questionnaire (PH-2) and the Generalized anxiety disorder (GAD-7). The rate of the three disorders among students in this study was higher than rates found before the Covid-19 pandemic studies. Findings are discussed with the help of "Dienstbier's model of psychophysiological toughness" which is a concept related to the repeated exposure to stressors explained by Dienstbier, (1989, 1992).

### **43. ANXIETY AND PSYCHOLOGICAL WELL-BEING AMONG MIDDLE AGED HOUSE WIVES DURING PANDEMIC PERIOD**

**FRANK & HARIOM**

#### **Abstract**

The second wave of Covid -19 has led to very distressing psychological tensions among middle aged women who are the home makers. Anxiety is the apprehension about the future situations in one's life. Psychological well being refers to overall functioning of individuals in relation to their feelings. The Covid -19 second wave has created anxiety regarding wide issues among middle aged house wives such as personal health, health of spouse and children, children's education, financial aspects and family relationships. It is also observed that the pandemic had detrimental effect on the psychological well-being of women. Moreover, middle age is the period of multiple challenges. The present study measures the anxiety and psychological well-being among middle aged house wives during pandemic period. A group of 50 house wives aged 40 to 50 years and belonging to different regions of Dakshina Kannada District, Karnataka state are selected as subjects using purposive sampling procedure. They are administered with Hamilton Anxiety Rating Scale and Psychological Well-Being Scale via online survey mode. The data was analyzed using Carl Pearson's co-efficient of correlation. The findings revealed substantial positive correlation between anxiety and psychological well-being among middle aged house wives.

*Key Words: Anxiety, Psychological Well-Being, Middle Aged, House Wives, Pandemic Period.*

#### 44. PSYCHOLOGICAL DISTRESS AMONG COLLEGE STUDENTS DURING PANDEMIC

-Kanchana S R

##### **Abstract**

The level of distress among college students during covid-19 pandemic was studied using Kessler's Psychological Distress Scale (K10). The level of education is taken as the independent variable and the amount of stress the dependent variable. The Kessler's Scale consists of ten statements and each statement has to be rated on a 5-point scale. The scale was administered on 42 Undergraduate, 51 Graduate, and 51 post-Graduate students making a total sample of 143(N). The mean scores were calculated for each sub Group. The mean scores were 24.10, 25.47 and 24.57 respectively. The difference between any two subgroups was tested using Student's t test. The calculated t value for undergraduates and graduates was 0.88. The same values for undergraduates and post-graduates were 0.299 and for graduated and post-graduates 0.23 respectively. No two groups were found to differ significantly on the level of stress. Thus it is found that the stress is experienced equally well by all students.

*Key words: Stress, Distress, General Adaptation syndrome, Covid 19 Pandemic, Educational Level.*

## **45. A STUDY ON THE WORKPLACE STRESS AND COPING MECHANISM – A CASE STUDY WITH REFERENCE TO PINNACLE DATA SERVICES PVT LTD., SHIMOGA**

**-Praveena S & Arokianathan**

### **Abstract**

Stress has become a common phenomenon especially in the 21st century. We experience various kind of stress both in our personal life and in our profession/ careers as well. The other hand some people stress themselves and try not to solve it. Some others try to find ways to manage stress which they endure by inculcating certain scientific methods to come out from their stress and find appropriate solutions. This article aims to study the various kind of stress that an individual experience in his professional life and their coping mechanism that can be followed to get rid of their stress and the attempts of the organization, various stress factors, causes and solution that can be undertaken by the organization through variety of training programs to eradicate stress and related issues especially at this time of pandemic situation in the BPO sector like the Pinnacle Data Services Pvt Ltd., Shimoga. This article deals with the collection of data related to various stress perspectives that an employee encounters during his work, The measures taken by the organization to eliminate the causes, various factors of stress. This article is based on data collection done through open ended questionnaires which would be circulated among the various levels of employees at Pinnacle Data Services Pvt Ltd., Shimoga. Frequency percentage method and convenience sampling techniques are some of the research methodologies that will be adopted to conduct the interpretation and surveys to make this research paper logical, more scientific. The survey is in process and the results, conclusions shall be drawn accordingly in a few days to come. A minimum sample of 100 respondents will be considered to interpret data, draw findings and conclusions.

*Key words: Workplace stress, Stress perspectives, Stress management techniques, Brainstorming.*

## 46. SELF – CARE BEHAVIOUR AND BURNOUT AMONG COUNSELLORS IN SOUTH INDIA

-Diniz E & Rosa N M

### Abstract

Increasing awareness among counsellors and mental health professionals on the importance of practicing self-care for preventing burnout and the negative consequences of stress due to various variables has been doing good to the professionals, to be able to work efficiently and effectively. A small body of research has suggested that counsellors/mental health professionals view self-care as important factor and that self-care behaviours are linked to professional and personal outcomes. The purpose of the original study was to identify the level of burnout, level of self-care and the relationship between Self – Care and Burnout using 5 factor, 21 item professional self-care scale and the 3 components of MBI i.e., Emotional Exhaustion, Depersonalization and Personal Accomplishment, among Counsellors (n = 103) in South India across different demographics. The data was collected using Purposive non-probability sampling method and through snowballing. Descriptive Research Design with Correlational Method for analysis was used. Since this is a part presentation of the full study conducted under the title of 'Self – Care Behaviour and Burnout among Counsellors in South India', the results discussed will be of level of self-care and level of burnout among the respondents and its relationship which ascertained that, the components Emotional Exhaustion and Depersonalization had +ve moderate relationship/correlation with Self-Care and that the component of Personal Accomplishment had a -ve moderate relationship/correlation with Self-Care, thus concluding that, there is significant relationship/correlation between Self-Care and Burnout in the two components of the MBI (Maslach Burnout Inventory) i.e., in Emotional Exhaustion and Depersonalization and a statistically -ve significant relationship/correlation between Self-Care and the component of Personal Accomplishment of MBI (Maslach Burnout Inventory)

*Keywords: counsellors, Self Care, Burn out, Emotional Exhaustion, Depersonalisation, Personal Accomplishment*



## 47. THE RELATIONSHIP BETWEEN INTERNET ADDICTION AND FAMILY DYSFUNCTION OF HIGH SCHOOL AND GRADUATE INDIAN STUDENTS

- Kavitha S & Archana B K

### Abstract

The COVID-19 Pandemic has challenged the way students cope with a new lifestyle. With many now relying on the internet for communication, socialization, entertainment and education, Internet Addiction has become a major concern. To what extent the inability to functionally adapt can lead to deterioration of family functioning is not known. Hence, this study examines the relationship between Internet Addiction and Family dysfunction among high school (15-18yrs) and graduate Indian students (19-21yrs). On 24th April 2021, a survey with General Functioning scale (GF-FAD) and Young's Internet Addiction Scale (IAT) was conducted on 68 high school and 77 graduate students out of which 64.1% were females and 35.8% males. Results show that there is a high positive correlation between the scores of Internet addiction and Family dysfunction in high school  $r(68) = 1.00$ ,  $p < .01$ , two-tailed and graduate students  $r(77) = 0.94$ ,  $p < .01$ , two-tailed. Similar correlation was also found among Male  $r(52) = 0.99 < .01$ , two-tailed and Female students  $r(94) = 0.95$ ,  $p < .01$  two-tailed. Internet addiction scores significantly predicted Family dysfunction scores in high school  $R^2=1.00$ ,  $F(1,67)=7.40607 \times 1032$ ,  $p < 0.00$  and graduate students  $R^2=0.88$ ,  $F(1,76)= 574.98$ ,  $p < 0.00$ . Even in males ( $R^2=0.99$ ,  $F(1,51)=2818.06$ ,  $p < 0.00$ ) and females ( $R^2=0.91$ ,  $F(1, 92)= 126.14$ ,  $p < 0.001$ ), similar results were found. Thus, due to the effects of the pandemic, there is a very strong association between Internet addiction and family dysfunction in students irrespective of their gender which is why mental health and educational supportive programs need to be designed for alleviating internet addiction in students to protect against deterioration of family morale.

*Keywords: COVID-19, internet addiction, family functioning, students.*

## 48. META-ANALYSIS OF EMOTIONAL INTELLIGENCE AND MENTAL HEALTH AMONG ADOLESCENTS

- Varsha A M & Triveni S

### Abstract

The ability to monitor your own emotions or those of others is emotional intelligence. Failure to understand emotionally can lead in life to various disruptions. A comparison of emotional intelligence and adolescent mental health has been made in this study. This study looks at the function of protective mental health of strong emotional intelligence (EI) and cognitive skills (CS) in teenagers exposed to stressful events of life & violence. It investigates how stressful the events of life and violent encounters affect mental health as evaluated by symptoms of depressive & psychological distress, as well as whether "EI" and "CS" can operate as mediator's b/w violence, stress and issues related to mental health.

One hundred literature articles, 30 of which were selected to check for authentication and significance in this analysis, were examined to analyze this aspect. All literature papers were chosen from well-known indexed articles in databases. (emerald, SAGE journal). In this study, we are applying the forward and backward snowballing methods. This study aimed to see if resilience acts as an intermediate in the association b/w perceived EI and adolescent satisfaction related to Life.

*Keywords: Emotional intelligence, Stress, Mental Health, Cognitive skills, Adolescence.*

## **49. COOKING AS A THERAPEUTIC TECHNIQUE FOR WELL-BEING: A QUALITATIVE STUDY**

- Tanya S & Aneesha V

### **Abstract**

The aim of this research is to explore the therapeutic value of cooking which affects well-being. This research will also attempt to identify the psychological components affected through the act of cooking. Design- Phenomenological inquiry was done through semi-structured interviews with the participants across the nation.

Trustworthiness of data analysis was ensured via researcher reflexivity.

Participants- A total of 6 participants with 3 males and 3 females. The sample size helped to develop participants's perspectives vary from age group of 20 to 60 years, and also different categories, i.e., students (n=2), working professionals(n=3), and homemakers(n=1). Participants were drawn using purposive sampling, Analysis- Thematic analysis was done to explore the therapeutic value of cooking which affects the well-being and to identify psychological components affected through the act of cooking. Results- The results of the analysis showed that psychological components such as Stress, Anxiety, Self-esteem and Motivation were affected by the act of Cooking. Along with that other components such as Nutrition and Health, Building and Maintaining relationships, Creativity and Multitasking, Concentration and Memory, Music and Cooking and Mental and Physical exercise were strengthened due to cooking. The results showed the positive impact of cooking on COVID-19.

*Keyword- Anxiety, Depression, Stress, Psychological Well Being, Cooking, COVID-19*

## 50. IMPACT OF INFORMATION OVERLOAD ON LEARNERS – AN OVERVIEW

- Chethan N

### Abstract

American Psychological Association defines information overload as the state that occurs when the amount or intensity of information exceeds the individual's processing capacity, leading to anxiety, poor decision making, and other undesirable consequences. The whole scenario of education has been changed since two decades with the introduction of ICT enabled teaching and learning. Due to techno dependency, the learner has easy access to enormous information at the finger tip. Studies have found that this condition has led to information overload thereby conspicuously reducing the decision making capability of learners. Learners are remarkably bombarded with high amount of information which could be relevant or irrelevant, or both. To decide the relevance of available material has become a biggest challenge for the learners and researchers as it causes dilemma & distraction. It is also found that information overload results in diminished learning process. Mental wellbeing of learners is at stake due to information overload. Studies have found that perceptions of information overload were a significant predictor of depressive symptoms, which in turn, negatively influenced individuals' well-being over time. Information overload is causing severe stress in the information seekers. Implications of these findings are discussed in the present paper. This paper is based on the secondary source of information. An earnest attempt is made to analyze the causes, effects and coping strategies in combating information overload.

*Keywords: Information overload, education, ICT enabled learning, mental wellbeing*

## 51. WOMAN AND MENTAL HEALTH – SOME INNOVATIVE COUNSELLING TECHNIQUES

- Nagashree D

### Abstract

Depression and Anxiety are major challenges faced by the modern society because of the increasing stress. Covid pandemic has furthered the challenge. Counselling is found to be effective in countering the above conditions. As a counsellor, I found that introducing innovative techniques like Aroma therapy, Colour therapy and Spiritual counselling in addition to the traditional techniques was very effective. Significant improvement was found in all the cases within a short period of a few sessions. The present paper presents five select cases to demonstrate the above fact. The methods are chosen according to the response of the patients to the traditional techniques, especially in the backdrop of parameters like the family environment, education, situational predicament etc. Adopting these techniques depending on the patients' requirements and capabilities does bring credit to  
Counselling

## **52. GENERAL HEALTH STATUS AND OCCUPATIONAL STRESS AMONG MALE AND FEMALE HOME GUARDS**

- Pradeep K & Prafulla K J

### **Abstract**

In India, home guards play a vital role in our society, as they are involved voluntarily and part time jobs in maintaining security and assisting police forces.

The present study deals with the assessment of general health status and occupational stress among male and female home guards. A total of 210 home guards were selected through randomly in Mysuru district served as the respondents for the present study. They were asked to answer General Health Questionnaire developed by Goldberg and Hillier (1979) and Occupational stress Index developed by Singh and Srivastava (1984). The results were analyzed through descriptive statistics, t tests and chi- square tests. Results revealed that on the whole 23.3% of the sample screened as having possible case of distress, which calls for immediate psychological/medical intervention. Further it was found that 91.4% of the selected sample had moderate levels of occupational stress and 8.6% of them had high stress. Analysis revealed that those with possible cases of distress had higher occupational stress. Gender-wise comparisons revealed that female home guards had higher possibility of distress than their counterparts. However, gender did not influence occupational stress of the sample studied. Strategies to reduce the distress for home guards have been delineated. The author suggests that there should be refreshing training such as coping with stress, work-life balance and training related to their job which is commonly done among police and correctional departments. Also the government should consider on giving health & financial benefits that can help the family and the individual.

## 53. HOW ONLINE SCHOOLING AFFECTS THE EMOTIONAL INTELLIGENCE OF YOUNG ADULTS DURING COVID-19

- Sonia D & Uma W

### Abstract

Emotional intelligence can “recognise one’s own and other people’s emotions to discriminate between different feelings, label them appropriately, and use emotional information to guide thinking and behaviour” (Goleman, 1995) . The mixed-method research study aims to calculate the subdimensions of emotional intelligence during the COVID 19 pandemic concerning online schooling and work from home schedules among Indian young adults. The empirical study was conducted on 300 Indian young adults aged 18-25 years using descriptive statistics. The thematic analysis is based on an Explanatory Research Design using the Follow-Up Explanation Model by Creswell, et al., in 2011. The measures used in the study are Emotional Intelligence Questionnaire (EIQ-30) by Daniel Goleman, modified by (Farmer, 2013) and five follow-up questions to understand the mental framework during the lockdown. The five follow-up questions inculcated aimed at evaluating the mental framework of the participants during the COVID-19 pandemic. Using the analysis tool, the emotional intelligence quadrants’ personal domain and relational domain were negatively correlated implying that the participants’ self-awareness and self-management skills increased with the decrease in their social awareness and relational-management skills. The five distinct themes that emerged were digital communication, working preference, physical pain, catharsis, and time management. The study findings have implications that shareholders in educational institutions and workplace organisations influence the online learning environment and the work from home environment. The study originally contributes to the repertoire of research studies on the Indian young adult population and explains the impact of online schooling and working from home on individuals’ emotional intelligence and mental framework.

*Keywords: Emotional Intelligence, COVID-19, work from home, online schooling*

## 54. THE INFLUENCE OF MODE OF WORKING ON PSYCHOLOGICAL WELL-BEING, IMPAIRMENT IN FUNCTIONING, AND ANXIETY AMONG TEACHERS

- Ashley J, Swanaya G & Varghese M

### Abstract

Owing to the COVID-19 pandemic, psychological well-being has lately become a topic of exceptional interest and importance. Eighteen months into the pandemic, a more comprehensive picture of the mental health of teachers can now be evaluated. However, to the best of our knowledge, it has not been explored in India. This study aims to shed some light on the problems faced by Indian teachers due to the changes in their work environment. It is directed at assessing and reviewing the impacts of the pandemic on psychological well-being and investigating the prevalence of anxiety among Indian teachers. Our study sample consists of 119 teachers (60 males and 59 females) from schools and universities in various Indian metropolises who are either teaching from home or travelling to their respective workplace. Data has been collected using Google Forms from February-June 2021.

Impairments in functioning, psychological well-being, and anxiety have been measured and collected with well-validated scales (WSAS, WHO-5, GAD-7) along with sociodemographic details through informed consent. A comparative research design has been adopted to understand whether there is statistically significant correlation between age and mode of working on teachers' well-being, anxiety, and work and social functioning. Appropriate statistical tools, such as ANOVA, will be used to analyse the results using SPSS Statistics. Multiple western studies have suggested that the mental health and overall well-being of teachers has deteriorated throughout the pandemic. However, with the cultural context in mind and the lack of similar research, the anticipated results hope to provide new and relevant insights.

*Keywords: teachers, psychological well-being, anxiety*



## 55. DOWNWARD COUNTERFACTUAL THINKING AND SELF-MOTIVES IN THE CONTEXT OF HIGH SELF-ESTEEM: A STUDY ON EMERGING ADULTS

- Bhoomika kabra, Priyal Mishra &  
Kashish Saharia

### Abstract

The extensive proliferation of Covid-19 has had a substantial influence on the community mental health and well-being, as well as a considerable surge in speculation about what might have transpired; scientifically defined as counterfactual thinking. The present study focused on the relationship of downward counterfactual thoughts and self-motives of enhancement and protection. It also studied the effect of downward counterfactual thinking on self- enhancement and self-protective motives with self-esteem as a control measure. The measures used in this study were Counterfactual thinking for Negative Events scale developed by Tarika Daftary Kapur, Mark S. Rye, Melissa, B.Cahoon, Rahan S. Ali(2008), Self-Esteem Scale developed by Morris Rosenberg(1965) and Self-enhancement and Protective Motives Scale developed by Hepper, E. G., Sedikides, C., & Cai, H (2010). The study was conducted on a sample of 150 emerging adults consisting of both males and females. The statistical analysis included Correlation and Regression Analysis. Results of the study revealed that downward counterfactual thinking has a significant and positive relationship with self-enhancement motives ( $r= 0.482, p<0.01$ ) whereas no significant correlation was found with self-protection motive. Regression analysis indicated that downward counterfactual thinking accounted for 23.2% of the variance respectively in self- enhancement motives. People emotions can be affected by counterfactual thoughts, prompting them to feel regret, remorse, relief, or satisfaction. They can also influence how they see social situations, such as who deserves blame and responsibility. Comprehending the pattern of counterfactual thinking can be of immense help in therapeutic sessions.

*Keywords: Self enhancement motives, self-protective motive, downward counterfactual thinking, self esteem*

## **56. A SYSTEMATIC REVIEW OF TEEN MENTAL HEALTH FIRST AID AND RESILIENCE BUILDING INTERVENTIONS FOR SCHOOL-GOING ADOLESCENTS**

- Sushmitha S

### **Abstract**

**Background:** Adolescents' mental health is affected because of the pandemic. High rates of mental disorders, self-harm behaviours and suicides are significant problems. Students are unable to adapt to online learning, have reduced outdoor activities, are vulnerable to mental health disorders and their psycho-social resources are exhausted. Resilience skills can be added to existing life skills training programs in India. School interventions must foster positive mental health by building resilience, reducing stigma attached to mental health disorders and ensuring psychological safety to all the students.

**Methods:** The systematic review paper used four reports and three books to initially gather adequate background knowledge about resilience building, teen mental health first aid and mental health interventions in schools. Around 350 papers were identified on google scholar and checked according to the inclusion criteria. The inclusion criteria required studies discussing adolescent resilience building or teen Mental Health First Aid (tMHFA) or mental health literacy or school interventions, studies conducted in or after 2010 must be applicable to Indian adolescents and evidence based on human learning outcomes. 15 peer-reviewed articles were chosen which were conducted between the years 2014 and 2020.

**Conclusion:** This review provided evidence that Life Skills Education programs may become more impactful if resilience skills would be taught along with life skills. Building psycho-social assets, enhancing protective factors and reducing perceived stress would increase resilience in adolescents. Resilience building reduces negative emotions as well as risky behaviours. The tMHFA program increases mental health literacy and enables adolescents to adequately support their peers who need help. The tMHFA program can be implemented in Indian schools, especially in the post pandemic times.

**Key words:** *Adolescents, Resilience building, teen Mental Health First Aid (tMHFA), Mental health literacy, School interventions.*

## **57. IMPACT OF TRAUMATIC EXPERIENCE ON PSYCHOLOGICAL RESILIENCE AND LOCUS OF CONTROL AMONG YOUNG ADULTS**

- Keerthana H & Navyashree G C

### **Abstract**

Psychological Resilience and Locus of control plays a major role in an individual's life. It can be analyzed by past experiences. Traumatic events such as witnessing violence in family and experiencing abuse, neglect, loss and abandonment can cause long term emotional pain and distress and that may have effect on Psychological resilience and Locus of control which can play a significant role in building personality. The objectives of the study are to investigate the Impact of traumatic experience on Psychological resilience and locus of control among young adults and to study the Level and relationship between traumatic experience, Resilience and Locus of control among young adults. The total number of the participants were 200 (93 males and 107 females) falling between the age 20-30. Most of the participants were from Karnataka state. Snowball sampling method was used to collect the data from the participants. The scales which are used to collect the data are Comprehensive Trauma inventory by Barnes, (2009), The resilience scale by Wagnild and Young (1993). And Levenson's Multidimensional Locus of Control Scale by Levenson, (1981). Data was analyzed using One way analysis of variance, Kruskal- Wallis test and Spearman's Rank correlation coefficient test. The results of the study shown that there is no significant impact of Experience of trauma on resilience and locus of control. And also there is a positive relationship between Internal locus of control and resilience and chance factor locus of control and powerful others locus of control among young adults. The implications and summary pertaining to the study have been discussed.

## 58. PANDEMIC DISASTER – STRATEGIC APPROACHES FOR PSYCHOLOGICAL WELLBEINGNESS

-Laxmi R

### Abstract

The pandemic era has taught thousands of lessons to the human kind on the Globe. The positive and negative shades of this era brought the changes in the living style of the human kind. The psychological well-beingness in this pandemic era is an outcome of strategic planning and execution of certain practices to lead a better life. The casualty rate in the first phase of the pandemic has given a lot of inputs to the human kind in different dimensions. The unprecedented challenges tended out of this pandemic era. The different variable factors such as Behavioural, Psychological, Social, Economic and Cultural were considered to study 32 families.

*Key Words: Wellbeingness, Strategic plan, Variable factors, Causality, unprecedented challenges*

## 59. EFFECT OF STRESS AND ANXIETY IN WOMEN WITH POLYCYSTIC OVARY SYNDROME

-Vamika M S & Soni K

### Abstract

Many studies suggest that females with polycystic ovary syndrome have a higher probability of psychological problems compared to healthy women. There are various bodily changes in a woman with polycystic ovary syndrome-like hirsutism, acne, obesity and thus a woman is not only in a state of self-conflict but also becomes a subject of concern for the family. Experiencing irregular periods especially during conceptive age can be a cause of concern, especially to conceive in their later years of life, high risk of diabetes and cardiac problem thus, causing stress, anxiety, and depression. Thus, the present study is expected to highlight polycystic ovary syndrome as a cause of stress and anxiety. The study involves online survey method of data collection with 30 PCOS and 30 NON- PCOS women. Along, with this, Questionnaire DASS was administered on each participant to measure their level of Stress and Anxiety It was found that the mean of PCOS women was higher in Stress and Anxiety than non -PCOS women. No significant difference existed in the Stress and Anxiety between the two groups.

*Keywords - Polycystic ovary syndrome, stress, anxiety*

## 60. A COMPARATIVE CROSS GENERATIONAL STUDY ABOUT THE ATTITUDE TOWARDS HOMOSEXUALITY

-Sharadhi M D & Ashwini S

### Abstract

The sexual attraction towards the individuals of one's own sex is called Homosexuality. And the people who have this kind of sexual orientation are called as homosexuals. Homosexuality was the topic of discussion from very ancient times. Even today there are some people who think that this homosexuality is an abnormality and hold prejudiced thoughts and negative attitude towards homosexuals. And there are also people who have positive attitude and acceptance towards homosexuality and homosexuals. The aim of the current research was to study the different kinds of attitude towards homosexuality among the people of different age group and to measure the positive and negative attitudes of the people towards homosexuality by comparing the obtained results. The total sample of 90 participants were taken for the study and among that 30 were young adults, 30 middle aged and 30 were old aged participants. Each age group consists of 15 males and 15 females. The data was collected by using Kanika K Ahuja's Attitude Towards Homosexuality Scale for Indians. The collected data was analyzed by using One way ANOVA, independent sample t-test and for comparing the two samples, two-way ANOVA was used. And thus, the findings of the study shows that there is no significant difference among participants of different age groups and gender on the attitude towards homosexuality and also there is no significant relationship between age and gender of the participants on the attitude towards homosexuality

*Keywords: cross generational attitude, homosexuality*

## 61. EXPLORATORY ROLE OF SCHIZOTYPICAL BEHAVIOR ON SOCIAL ANXIETY DURING PANDEMIC AMONG EMERGING ADULTS

-Sudha R, Mansi C & Anchal D

### Abstract

Socially anxious adult can impede his own growth in each domain of his life. Considering the present scenario of pandemic Covid19, it has become a fear altogether. There is undiagnosed underlying factor for the same. Therefore, the purpose of the present study was to investigate the relationship between Schizotypal and Social Anxiety among emerging adults. Sample of 282 people, comprising of 156 males and 126 females of age group within 18-21 years of age were taken. Data collection tool used were Social Anxiety Questionnaire (Caballo, et al., 2010) and O-Life Questionnaire (Mason, 1995) were used. For Statistical Clarity person correlation and regression analysis was employed using SPSS 21. Findings revealed that there is a significant positive correlation between dimension of Schizotypal behaviour- unusual experiences ( $r=.137$ ,  $p<0.05$ ), Introverted Anhedonia ( $r=.202$ ,  $p<0.01$ ), Cognitive Disorganization ( $r=.354$ ,  $p<0.01$ ) with Social Anxiety. Regression analysis revealed that Predictor variable of the study viz., Unusual Experience (UE), Cognitive Disorganization (CD), Introverted Anhedonia (IA), and Impulsive Non-conformity contributed 12.2% variance in predicting social anxiety. Hence, it can be said that the overall study will aid into predicting and controlling social anxiety considering these behavioral patterns which can further add up to the knowledge of beneficial treatments.

*Keywords: Schizotypy, Social Anxiety, disorganization, anhedonia, experience.*

## 62. FEASIBILITY AND QUALITY OF TECHNICAL EDUCATION IN ONLINE CLASSES: A SURVEY

- M Asha

### Abstract

In this pandemic era, everything moving into the online platform has left people wondering about its overall impact on their lives. An online survey questionnaire was designed for students to understand the stressors induced by online education in the last year. The survey was conducted on around 434 engineering students of JD College of Engineering and Management, Nagpur, Maharashtra. The students belong to various sections of society but primarily from rural and urban areas of Central India. The survey highlighted major stressors among students and it was found that around 40% of students feel the online platform is not doing enough justice to the course curriculum since practical learning is missing in online lectures. And about 36% of students were stressed over the unavailability of notes and study materials to students due to limited access to physical resources such as classroom notes and the college library. In addition to these stressors, around 70% of students have connectivity issues as they are from rural and urban backgrounds. Few indirect stressors were also brought into notice by students which have an overall impact on their learning outcome. The financial crisis in the family, inaccessibility to resources, career uncertainty adds to their list of stressors. Moreover, anxiety and fear of infection have led to the overall deterioration of their psychological well-being. Although, further qualitative analysis of this data highlighted few noteworthy facts. Online Classes have given the flexibility to students for utilizing their time for self-improvement and soft skill development. They can seize some online internship programs which were earlier not feasible with full-time college timings. Though, technology is a boon in the field of education but not a feasible model for technical education in the Indian subcontinent.

*Keywords: Online Education, Quality, Feasibility, Technical Education*



### **63. UNIVERSITY STUDENTS DURING COVID-19: "SHARP" MODEL OF PSYCHOLOGICAL WELL-BEING**

- B Janani & Arushi K

#### **Abstract**

A period of unrest has been caused because of the covid-19 pandemic and impacted the university students mental health. This study aims to recognise new variables that constitute the psychological well-being of University Students during Covid-19. An extensive literature review was conducted to identify new variables that augment psychological well-being. These variables are yet to be encompassed in psychological well-being models that have been developed but can potentially impact the overall well-being of University Students. To validate these variables relevance, an exploratory survey was conducted. Results: A total of nineteen variables (Social Skills, multiple diverse interests, study life balance, quality of sleep, internet addiction, greater screen time, excessive smoking habits, academic performance, perceived teacher and college support, collaborative projects, family bonding, quality friendships, support systems availability, relationship with classmates, personality traits, core self evaluation, resilience, hope and optimism) were grouped into a SHARP (Social, Health, Academic, Resonant Connections and Personality lever) framework. This paper provides a broader perspective on the concept of well-being. University practitioners can utilise the present framework to understand the factors that contribute to psychological well-being in the time of the pandemic. This model will create a base of newer models, which will help in enhancing university students psychological well-being.

*Keywords: Psychological well-being, Covid-19, university students, SHARP*

## **64. A STUDY ON THE STRESS AND TRAUMA EXPERIENCED BY THE YOUTH AND CHILDREN AT THIS PANDEMIC SITUATION WITH RESPECT TO SHIMOGA CITY – A CASE STUDY ON EDURITE COLLEGE OF MANAGEMENT STUDIES**

- Shadab P & Arokianathan

### **Abstract**

The purpose of the study is to know about the youth's mental health during this pandemic (Covid-19). In the beginning, this pandemic had made youngsters and children relieved but after a few months this pandemic resulted in stress among everyone. This study is to investigate factors of mental health of children and youth during this period. Across the nation, everyone has been suffering from this disease but most of the youth are suffering from stress by educational and other practices, addiction to mobile and thinking about their career.

The economic situation may be the main reason for youth's anxiety and stress. Because the economic situation is also responsible for the youth. While children get stressed by their teaching mode which is used by all teachers that is online platform. Online teaching may lead to stress and anxiety among the children because of the ineffectiveness teaching online. Many youngsters are also affected by the impact on their guardians including financial problem, unemployment and emotional stress. This study aims to measure the stress level, among the youth and children in Shimoga city.

*Keyword: Stress, anxiety, trauma, online platform*

## **65. THE EFFECT OF EMOTIONAL FREEDOM TECHNIQUE (EFT) ON LEARNED HELPLESSNESS AND ABSTINECE EFFICACY AMONG ALCOHOLICS**

- Divya B & V Premanand

### **Abstract**

Emotional Freedom Technique is regarded as an exposure therapy combining cognitive and somatic elements. The cognitive element involves self-assessment of the degree of distress, and the pairing of an exposure statement and a self-acceptance statement (Feinstein, 2018). EFT uses the meridian system which consists of 9 gamut/ tapping points, setup phrase, reminder phrase, and Subjective Unit of Distress (SUD). Learned helplessness (LH) is "the passive behavior characterized by an inability to learn, shown by those frequently subjected to stressful, uncontrollable, and inevitable negative events" (Seligman & Maier, 1967). It is considered as one of the indications of psychological distress leading to alcoholism. Abstinence Efficacy refers to an individual's belief in the ability to cope with situations without getting tempted to use of substances (Sklar, et al., 1997). High Abstinence efficacy is the indicator of high recover rate and it was also seen as a major factor in prediction of relapse. The study aims to examine the effect of Emotional Freedom Technique (EFT) on learned helplessness and abstinence efficacy among alcoholics. It was hypothesized as there is an effect of EFT on learned helplessness and abstinence efficacy on Alcoholics. The tools used are the Learned Helplessness scale and Alcohol Abstinence Self Efficacy Scale. A sample of 40 alcoholics were conveniently allocated into experimental and control groups and the intervention program was given to the experimental group. To analyze the data one way ANOVA and two way repeated measures MANOVA was used. The results revealed that there was a significant effect of Emotional Freedom Technique (EFT) on both decreasing the learned helplessness and increasing abstinence efficacy among alcoholics.

*Keywords: Emotional Freedom Technique, EFT, Learned Helplessness, Abstinence Efficacy, Alcoholism*

## 66. PERCEIVED SOCIAL SUPPORT AND EMOTIONAL STABILITY AMONG WIDOWS AND WIDOWERS

- Anjana & Ashwini S

### Abstract

Widowhood is perhaps the most important stressful life event and it has been a strongly gendered experience, elderly widows and widower, in particular have traditionally been seen as one of the most vulnerable groups in society. Perceived social support refers to how individuals perceive friends, family members and others as sources available to provide psychological and overall support during the times of need, thus it plays a major role in widowhood. Emotional stability refers to an individual's ability to remain stable and balanced. The aim of the study was to measure the level of perceived social support and emotional stability among widows and widowers. The total sample consist of 30 widows and 30 widowers (N=60). The data was collected by using Multi-dimensional scale of perceived social-support by Zimet Dahlme zimet Farlrey and emotional stability scale developed by Paul-Costa and Mc Crea. The collected data was analysed by using independent sample t-test, and co-relation between two variables was analysed by using Karl Pearson's coefficient of correlation. And thus the findings of the study shows that there is a significant relationship and positive correlation between perceived social support and emotional stability among widows and widowers.

*Keywords: Perceived social support, emotional stability, widow, widower*

## 67. PSYCHOLOGICAL DISTRESS AND LIFE SATISFACTION AMONG JOURNALISTS

- ANJANA & VARSHA

### Abstract

Journalist is a person who collects, writes, photographs, processes, edits or comment on news or other topical information to the public. Psychological distress is a state of emotional suffering associated with stressors and demands that are difficult to cope with their daily life. In journalism filed women and men are undergoing variety of psychological issues. Life satisfaction is a favourable attitude towards one's life rather than an assessment of current feelings. The total sample consist of 30 female and 30 male journalist (N=60). The data was collected by using Kessler psychological distress scale and Life satisfaction scale by Chandha. The collected data was analysed by using independent sample t-test and co-relation between two variable was analysed by Karl Pearson's coefficient of co-relation. And thus the finding reveal that there is no significant difference in psychological distress and life satisfaction among male and female journalists. And there is a significant relationship between psychological distress and life satisfaction among male and female journalists.

*Keywords: psychological distress, life satisfaction, journalists*

## **68. A COMPARITIVE STUDY OF HOMOPHOBIC FACTORS AMONG MALES AND FEMALES IN INDIA**

- Deepthi K A & Lakkoju N A

### **Abstract**

Journalist is a person who collects, writes, photographs, processes, edits or comment on news or other topical information to the public. Psychological distress is a state of emotional suffering associated with stressors and demands that are difficult to cope with their daily life. In journalism filed women and men are undergoing variety of psychological issues. Life satisfaction is a favourable attitude towards one's life rather than an assessment of current feelings. The total sample consist of 30 female and 30 male journalist (N=60). The data was collected by using Kessler psychological distress scale and Life satisfaction scale by Chandha. The collected data was analysed by using independent sample t-test and co-relation between two variable was analysed by Karl Pearson's coefficient of co-relation. And thus the finding reveal that there is no significant difference in psychological distress and life satisfaction among male and female journalists. And there is a significant relationship between psychological distress and life satisfaction among male and female journalists.

*Keywords: psychological distress, life satisfaction, journalists*

## 69. PSYCHOSOCIAL CHALLENGES FACED BY THE LGBTQ COMMUNITY BEFORE AND DURING THE PANDEMIC : A THEMATIC ANALYSIS

- Roshan C

### Abstract

Covid -19 pandemic burden has added to the challenges of many marginalised communities such as LGBT individuals who already face many psychosocial challenges. This study explores the psychosocial challenges faced by LGBT individuals and the added psychosocial challenges due to the pandemic. A convenience sample of 128 LGBT individuals participated in the study who were over 18 years. Data was collected through online surveys which consisted of objective and descriptive items exploring the psychosocial challenges before and during Covid 19 pandemic.

The thematic analysis of the responses obtained clearly reveal 7 recurring themes, comprising of several subthemes: Mental health challenges (depression, anxiety, loneliness, PTSD, substance abuse, suicidal thoughts), social challenges (Oppression and bullying, criminalization and legal injustice, marginalization and social exclusion, lack of social support, exposure to homophobia, harassment in public, unfair treatment ), health challenges (Lack of health care facility, Sexually Transmitted Diseases), family and relationship challenges ( Rejection by the family, marriage pressure, same sex marriage issues, coming out, not getting a partner, gay marriage not being legal, forced into conversion therapy), work related challenges (Firing from job, financial difficulties), abuse (Physical abuse, self-harming behaviors, name calling), intrapersonal challenges (Self-acceptance, internalised homophobia, confusion about self and sexual identity, constant need to behave as masculine, body image issues, ideal gay fantasy).

The study further explores that the LGBT individuals face added new challenges due to Covid-19 Pandemic such as health challenges, emotional challenges, suicidal thoughts, suffocation in the current household, Isolation, not being able to meet the partner, death of loved one, unemployment, work pressure, weakening finance, etc. The interventions which might help in overcoming these psychosocial challenges experienced by the marginalised LGBT community are also discussed.

*Key words: LGBT individuals, Psychosocial challenges, Covid 19 Pandemic, Thematic analysis*

## 70. IMPACT OF THE COVID-19 PANDEMIC ON COLLEGE STUDENTS

-Judith Aarthi & Divya Dovina

### Abstract

The pandemic has wreaked havoc in the lives of many. Young and adult alike have been plunged into a life of chaos and uncertainty. With the world changing so rapidly, students are plagued with questions and anxieties with nowhere to seek answers and comfort. Students had to adapt to many new challenges. Central and state level bodies urged educational institutions to set up mental health helplines for students to cater to their psychosocial concerns during the period of lockdown. This study was undertaken to understand the emotional and mental needs of the students as they navigated through the pandemic. The research would serve as a precursor in determining the nature of interventions that can be developed to tackle the problems faced by the students. About 50 female students pursuing their undergraduate and postgraduate studies in a college in Chennai city were part of the study. Qualitative research method was used and convenience sampling technique was used to collect data. They were asked certain open-ended questions and their responses were recorded. The data was analysed using content analysis. The results were interpreted and conclusions were made.

*Keywords: Covid 19, Pandemic, College Students, Stress, Psychological needs*



## **71. EFFECT OF OPTIMISM AND BODY IMAGE ON PERCEIVED HEALTH STATUS AMONG WOMEN WITH PCOS**

**-Neha Tojan & Shefali S K**

### **Abstract**

Polycystic ovary syndrome (PCOS) is a heterogeneous condition with a wide range of symptoms. The aim of the research is to see how optimism and body image effect women with PCOS's perception of their health. Purposive sampling was used to select a group of 128 women with PCOS for the analysis. The Generalized Expectancy For Success Scale (GESS- R), the Multi-dimensional Body Self Relations Questionnaire-Appearance Scale (MBSRQ- AS), and the Health Survey SF 12 (HSSF-12) were used to collect data. Mean and standard deviation were used to interpret the results, and 2 way ANOVA was used as an inferential metric. The findings from the data suggest that there is no effect of Optimism and Body Image on Perceived Health and there is no interactive effect of Optimism and Body Image on Perceived Health. were presented in relation to the study. The study builds foundation for further research in the topic, keeping in mind the Covid -19 pandemic and its effect on the data.

*Keywords: PCOS, Optimism, Body Image, Perceived Health*

## **72. ACADEMIC MOTIVATION AND ATTITUDE TOWARDS RESEARCH AMONG STUDENTS DURING PANDEMIC**

**-Anusha K S**

### **Abstract**

The pandemic has caused a lot of changes in the education system. Online mode of education has both drawbacks as well as benefits. This study was conducted to assess the relationship between academic motivation and attitude towards research among postgraduation and under-graduation students during the pandemic outbreak. The data was collected through google form and 73 responses were received. The tools used were attitude towards research scale and academic motivation scale-college version. The data was analyzed using correlation and independent t-test. Results showed that (1) there is significant positive correlation between attitude towards research and academic motivation in both postgraduate and undergraduate students. (2) there is no significant difference between post graduate and undergraduate regarding attitude towards research and academic motivation.

*Key words- Covid-19 Pandemic, Academic motivation, Attitude towards research, Students and Education system.*

### **73. PSYCHOLOGICAL WELL-BEING, QUALITY OF LIFE AMONG TRANSWOMEN**

**-Jini Sherly Saji & Ashwini Shetty**

#### **Abstract**

Indian mythology has in it, many references to altered sexual states. Transwoman is someone who self-identifies as women but is not assigned as female at birth. Not just in a country like India, but the world as a whole there is a long way to go for trans people to have the same rights as everyone else. The discrimination has been reported pervasive in society. The struggle of trans do not happen in isolation, but is a wider struggle in society. This study aims to study the psychological well-being, quality of life among Transwomen. The independent variable is transwomen and dependent variable is psychological well-being and quality of life. The sample size of the study is 50. Ryff's Psychological well-being scale (1989) develop by Ryff and BREFQOL by WHO in 1991 is used to collect data. The sample collected is through snowball and purposive sampling. The data collected is interpreted in SPSS using descriptive mean analysis and Karl Pearson's correlation. The findings of the study indicate there is low significant level of psychological well-being and Quality of Life among Transwoman and there is significant correlation between psychological well-being and Quality of Life among Transwoman. Until transwoman is free, no one really is.

*Keywords: Transwoman, Psychological well-being, quality of life,*

## 74. FEAR OF COVID-19 AMONG COLLEGE STUDENTS

-Dr Vandana Jain, Apoorva S, Bhoomika L,  
Chandan, Chaya H R & Deekshith P G

### Abstract

Fear is an adaptive response in the presence of danger. However, when the threat is uncertain and continuous, as in the current coronavirus disease (COVID-19) pandemic, fear can become chronic and burdensome. COVID-19 has caused a serious impact on almost every society of the earth and impact of Covid-19 on the world biological, psychological and social manner is found. This study mainly focuses on the level of fear of the coronavirus among college students. The objectives are to compare the level of fear of covid-19 among gender and also among hostelates and non – hostelates. The purposive sampling technique was used to collect the data. The variables used in the study are gender, hostelates and non-hostelates. The Fear of Covid-19 Scale was used to assess the level of fear of COVID-19 among the participants of the study. The total of 120 Under Graduate students between the age range of 18 to 21 were surveyed. The collected data was analysed using descriptive Statistics of Mean and compared. Results found that there is slight significant difference between the hostelates And non-hostelates in experiencing fear. Majority of the girls experience moderate level of fear of Covid 19 with comparison to boys. As a whole UG students are experiencing low level of fear of Covid 19.

*Keywords : Fear, COVID-19, Pandemic, Gender, College students*

## **75. ASSESSING THE LEVEL OF PERCEIVED STRESS AND HOPE AMONG GARDENERS AND PET OWNERS DURING THE PANDEMIC**

**-Aswathy Premraj**

### **Abstract**

Social distancing and home confinement during the Covid-19 pandemic have been affected almost all the individuals and has raised concerns on possible negative consequences such as prolonged isolation or sedentary lifestyles. In this scenario, gardening activities have been identified as a plausible tool to buffer the mental health consequences of forced home confinement. Pets have also been shown to provide feelings of social support and to reduce feelings of stress, anxiety and may decrease loneliness. A pet may become a stimulus for exercise, of physical contact and comfort and provide an external focus of attention. This study aims to determine and compare the level of perceived stress and hope among gardeners and pet owners. For the present study Perceived Stress Questionnaire and Adult Hope Scale was used along with socio-demographic data. An online survey was administered through sharing using social media to N=90 participants and purposive sampling method was used. Statistical analyses including independent t-test and one way anova was performed. The results of the study showed that there is no significant difference in the relationship between perceived stress and hope among gardeners and pet owners.

*Key Words: Perceived stress, Hope, Gardeners, Pet owners, Covid-19*

## 76. EXPLORING TEACHERS ATTITUDE TOWARDS DISABILITY AND INCLUSIVE EDUCATION

-Anet Babu

### Abstract

From almost three decades there are integrated efforts towards disability, their rights in the form of awareness, policies, schemes, acts etc. Nevertheless when we examine teachers attitudes there are mixed results in literature towards inclusive education. Hence the matter of question is whether the primary concern of the teachers is their attitude towards is the condition of being disabled or in the concept of inclusion. Hence in this study it aims to see if there is any difference in teachers attitudes towards disability in general and towards inclusive practice among pre primary, primary and secondary teachers. For the present study Attitudes towards persons with disability scale and Teachers Attitude Towards Inclusion Scale (TATIS ) scale was used along with demographic data. Sample size comprises of 90 teachers (N=30, pre primary; N= 30primary; N=30 secondary)and purposive sampling method was used. Data was analysed using SPSS software and two way Anova was used for statistical analysis. Results are awaited.

*Keywords: Teachers attitude, Disability, Inclusive Education, Pre primary, Primary and Secondary*

## **77. RESILIENCE AMONG COVID 19 SURVIVORS: LEVELS OF RESILIENCE AND INFLUENCE OF DEMOGRAPHIC VARIABLES AMONG COVID 19 SURVIVORS**

**-Prajna A & Rutuja Rao**

### **Abstract**

Resilience is the ability to adapt and recover from severe stress, trauma and other similar life-changing events. Hence, resilience is one of the most crucial aspects of psychological well-being, specifically in the pandemic era. The objective of the present study is to explore the levels of resilience of individuals who have recovered from the COVID 19 virus. The tool used in the study was the Resilience Appraisal Scale developed by Judith Johnson in 2010 with an alpha reliability of 0.88. The research design for the study is quasi experimental and snowball sampling technique was employed. The study was conducted on a sample of individuals aged between 18-40 years and 40-65 years who had recovered from the COVID-19 virus. 152 responses were selected, amongst which 82 respondents were young adults and 70 respondents were older adults. The levels of resilience were assessed amongst 3 domains and the findings were further categorised into low, average and high levels of resilience. It was found that 43.3% of the individuals had low levels of resilience, 51.3% had high levels of resilience and 5.3% had average levels of resilience. In addition to this, males have more resilience in the domains of situation coping and emotional coping. Individuals with income above 10 Lakhs were found to have higher scores in the domain of social support and the results also reported higher levels of overall resilience.

*Key words: COVID 19, Resilience, Age, Gender, Annual Income*

## 78. COVID-19 SURVIVORS – A PSYCHOLOGICAL STUDY

-Soundarya V & Navyashree G C

### Abstract

With the COVID 19 pandemic, there has been lot of changes in the lives of people all over the world. Without distinction of privileged or underprivileged people, the pandemic has caused chaos in everybody's life. People had to reschedule their life in order to stay alive and safe. The impact of COVID-19 has implications people's health and wellbeing way beyond the direct effects of an infectious illness. Due to the very real threat of the virus to the health of individuals, government responses to gain control and slow the spread of SARS-CoV-2 in order to protect health care sector capacity has resulted in virtually unprecedented limitations on people's personal, social, and working lives as well as widespread and lasting economic impacts. COVID-19 has brought with it new threats to the mental health and wellbeing of people with pre-existing mental ill health, the health care, maternity care, and aged care workforces, and people in the community with no prior experience or risk factors for mental ill health. The current study is aimed at studying the Psychological aspect such as Stress and Anxiety and Positivity and Recovery of COVID-19 Survivors. The study is Qualitative in nature and the objective of the study is to examine the psychological distress among COVID -19 survivors and their positivity to recover. The participants of the study include 29 males and female who were COVID-19 Survivors. The semi-structured interview was conducted to get a deeper insight into the Psychological Aspects among COVID-19 Survivors, developed by the researcher (2020). The inductive thematic analysis method was employed to analyse the qualitative data obtained, resulted in the emergence of various themes underlying meaning among both the samples that were more or similar had a partial difference as a whole, which were discussed and compared. The main findings indicated that there is a connection between stress and anxiety and positivity in recovery of the COVID-19 Survivors which includes the psychological aspects.

*Keywords: COVID-19, Survivors, Psychological, stress and anxiety, positivity, Impact on Health.*



## **79. A COMPARATIVE ANALYSIS ON LONELINESS AMONG DIFFERENT PERSONALITY TYPES: PRE COVID AND DURING COVID**

-Abhiram R

### **Abstract**

With the efforts to stay safe and save lives, the usual ways of living and social interaction was affected. The chaos caused by covid-19 pandemic has led to an increasing risk for psychological/ mental health amongst everyone. One such psychological issue is loneliness in relation with personality types. Loneliness is an unpleasant emotional response to perceived isolation. Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. In the year 2019, a study was conducted to find the gender difference in loneliness among different personality types (extremely extrovert, extrovert, ambivert/average, introvert, and extremely introvert) with a sample of 100 (male-50; female- 50) from urban Bengaluru using IE scale and UCLA version-3. Further to understand if there is a difference in loneliness experienced by different personality types in pre-covid and during-covid times, data was collected from the same sample and using the same scales that was used earlier. Mann Whitney U test was conducted to know the gender differences in loneliness and Wilcoxon signed rank tests was used to find the effect of COVID 19 on loneliness among different personality types. This comparative study revealed that there is a significant difference in loneliness experienced by different personality types before covid-19 pandemic and during the 2 nd wave of covid-19 pandemic in Urban Bengaluru.

*Keywords: covid-19, gender, personality types, loneliness.*

## 80. HOPELESSNESS, DEATH ANXIETY AND LIFE SATISFACTION AMONG ELDERLY PEOPLE LIVING IN VRUDHASHRAM

-Sahana V

### Abstract

Urbanisation, globalisation, and the development of the nuclear family structure leads to neglected needs and expectations of the elderly. As a result, they are being left with physical, psychological, and economic concerns as they age. Since of the Rapid advancement of technology, old people are being sent to vrudhashram because children are unable to devote enough time to caring for them leading to depression and hopelessness in elderly people. The present study aimed in finding the gender difference, demographic factors and relationship between Hopelessness, Death anxiety and Life satisfaction. The sampling method used was Convenience sampling method with the sample size of 80 (40 male and 40 female). The tools used were Beck hopelessness scale (Beck, 1974) to determine the level of Hopelessness. Death anxiety questionnaire by (Conte H. R, 1982) to determine the level of death anxiety. And Satisfaction with life scale by (Diener, E, 1985). The statistical measure used were Mann whitney u test, Krushkal wallis test and Spearman rank correlation. The result indicated that there was no gender difference in their level of hopelessness, death anxiety and life satisfaction. There was no significant difference was found between hopelessness, death anxiety and life satisfaction with different age groups. There was no significant difference was found between hopelessness and life satisfaction with different marital status. There was a significant difference was found between death anxiety and different marital status. There is a negative correlation among hopelessness and death anxiety, life satisfaction and death anxiety and Positive correlation between hopelessness and life satisfaction. To conclude, The first step of life is always guided by parents. So children would extend their hands for the last step of their parents.

*Key words: Hopelessness; Death anxiety; Life satisfaction, Elderly people; Vrudhashram*

## 81. APPLICATION OF BACH FLOWER REMEDIES IN COVID19 INDUCED PSYCHOLOGICAL SYMPTOMS

-Jayita C

### Abstract

COVID19 was firstly reported on December 31, 2019 by WHO office located at china & initially was classified as pneumonia of unknown etiology. It has rapidly spread across the globe creating mass fear & depression. To handle the scenario, quarantine/social distancing methods along with providing of BFR (Bach flower remedies) has been proved better. However such quarantine creates a lot of mental breakdown along with worsening impairment in physical, cognitive, mental domain of individuals who have already recovered from COVID19 (referred as POST COVID19 SYNDROME). OBJECTIVES: The aim & objective of this study has been to assess the mental implications during quarantine & in post COVID19 syndrome & study the role & effectiveness of Bach Flower Remedies (BFR) as per concept of individualization. SAMPLE / METHODOLOGY: Various mental symptoms have been recorded & analyzed through google forms, direct studies & patients visits at Civil Hospital, Gurugram from April 2020-March 2021. Based on which repertorization sheet based on prominent predominant mental symptoms ; has been prepared & specific set of Bach flower remedies have been accorded. RESULTS / SUMMARY : Based upon symptoms collected, a group of homeopathic medicines including Aspen, Elm, Star of Bethlehem, Gentian, Water violet, Mimulus have been proposed including as first line remedies. Also we have obtained clusters of symptoms directed towards Bach Flower Remedies (Pine, Wild oat, Oak, Rock rose, Honeysuckle, Vervain, Larch) as effective as second line remedies especially in individuals having previous history of illness/comorbidities including hepatitis, typhoid, COPD, diabetes, high blood pressure, etc. The symptoms of the medicines are collected after referring to Dr Edward Bach book of complete Bach flower remedies. CONCLUSION: Bach Flower Remedies provide a positive emotional state effective in restoration of healthy equilibrium & catalyze an individual's own internal resources for maintaining balance. They assist in restoration of balance thus also known as "Rescue Remedies".

**KEYWORDS:** *Bach Flower Remedies, Covid19, Psychology, Rescue Remedy*

## 82. SELF-ESTEEM IN RELATION TO FEAR OF MISSING OUT AMONG COLLEGE STUDENTS DURING PANDEMIC IN KARNATAKA

-Shilpa K J

### Abstract

Self - Esteem is an overall impression about our self that we have. The fear of missing out refers to the feeling or perception that others are having more fun, living better lives, or experiencing better things than you are. It involves a deep sense of envy and affects self- esteem. Due to pandemic all the educational institutions are closed and the most worried group is college students group because these days are really important to PUC, Bachelor's and Master's students because these are life deciding courses for them. This study aims to examine the relationship between Self-Esteem and Fear of Missing Out in college students during Pandemic. The data was collected using Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Fear of Missing out Scale: FoMOs ( Przybylski, Murayama, DeHann, & Gladwell, 2013). The participants were 90 college students from Karnataka. To find the relationship between Independent and Dependent Variable, t- test and correlation statistical method were used. The results revealed that, there is no significant relationship between male and female participants. Whereas result showed that Self-Esteem is significant in Nuclear family than joint family, Fear of Missing Out is more in joint family than nuclear family. There is significant negative correlation between Self-Esteem and Fear of Missing Out. This result may help us to understand the relationship so that we can bring awareness among students and this study might serve as background for further research.

*Keywords: Self-Esteem, Fear of Missing Out, Pandemic, College students, Pandemic, Nuclear family and Joint family.*

### **83. SPIRITUAL AMONG HOROSCOPE WATCHERS AND NON-WATCHERS**

**-Kavya Tyagi & Sudha Rathore**

#### **Abstract**

As the coronavirus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population at large and among certain groups in particular, such as older adults. The main psychological impact to date is elevated rates of stress or anxiety or apprehension about the future. Horoscope prediction increases optimism among individual through spiritual pathways and their religious orientation. This study is conducted to investigate the difference in spirituality and religiosity among people who follow horoscope prediction and who don't. The sample size of study is 120, it's a mixed sample with the age range 30-60. The measures of the study include spiritual beliefs scale (SBS) of Michael King (2005), for statistical clarity we have used independent variable t-test. The results of the study revealed that watchers reported significantly higher levels of spirituality ( $t= 2.736$ ,  $p< 0.01$ ), religiosity ( $t= 2.046$ ,  $p< 0.05$ ) than Non- watcher. This study concludes that, during such pandemic era and unpredictable situation, horoscope prediction can be seen as positive influence on one's psychological well being as it helps daily watcher in reducing their stress and anxiety, and provide them some reassurance and relaxation about their future life.

*Key words: Horoscope prediction, spirituality and religiosity, older adults, watchers and non-Watchers*

## 84. EFFECT OF INTIMATE PARTNER VIOLENCE ON SELF SILENCING AMONG MARRIED WOMEN

-Vismaya M & Navyashree G C

### Abstract

Globally, Intimate partner violence is a widely prevalent problem which claims lack of victims leading to infringement of fundamental human rights which encompasses physical, sexual and psychological violence. Victims adopt different coping strategies when confronted with these negative effective states. So, these victims may use self-silencing (suppress one's own true feeling or expressions) and as one of the coping strategy. The present study was undertaken to study the effect of intimate partner violence on self-silencing among married women. The data was collected from 60 married women using both google forms and questionnaire sheets across the state of Kerala. The research method used was sample survey method. The Wife abuse scale by Rodenburg & Fantuzzo (1993) and the Self-silencing scale by Jack (1991) was used for assessing the Intimate Partner Violence and Self-Silencing respectively. The data of self-silencing among married women represented normal distribution. Hence One-Way ANOVA was used for statistical analysis. The result revealed that the levels of intimate partner violence and self-silencing among married women falls under average level. There is no significant effect of intimate partner violence on self-silencing among married women. The study can be implied to the field of professional counselling settings which can help them to give awareness among women with the experience of Intimate partner violence.

*Keywords: Intimate Partner Violence, Self-Silencing*

## 85. INTERNET ADDICTION AMONG YOUNG ADULTS

-Farsana.T. K & Rosa Nimmy Mathew

### Abstract

Internet addiction is a psychological disorder that causes people to spend so much time on a computer that it affects their health, job, finances, or relationships. The Present descriptive study was aimed to examine the Internet Addiction among young adults. 100 young adults in the age group of 20-24 from Calicut district of Kerala were selected as sample through a convenient non probability sampling method. The instrument was the 'Internet Addiction Test' by Dr. Kimberley Young (1998) to measures the presence and severity of Internet dependency. Shapiro Wilk test revealed that data was not normally distributed hence, Non-parametric statistics, Mann Whitney U-test, and Kruskal Wallis were used to analyse the results. Results indicate that majority of respondents in the study have moderate level of internet addiction. The study also reveals that there is no significant difference in the level of Internet Addiction across gender and time spent in social media.

*Keywords: Internet Addiction, Young adults, Calicut district*

## 86. THE INFLUENCE OF MODE OF WORKING ON PSYCHOLOGICAL WELL-BEING, IMPAIRMENT IN FUNCTIONING, AND ANXIETY AMONG TEACHERS

-Ashley & Vergese

### Abstract

Owing to the COVID-19 pandemic, psychological well-being has lately become a topic of exceptional interest and importance. Eighteen months into the pandemic, a more comprehensive picture of the mental health of teachers can now be evaluated. However, to the best of our knowledge, it has not been explored in India. This study aims to shed some light on the problems faced by Indian teachers due to the changes in their work environment. It is directed at assessing and reviewing the impacts of the pandemic on psychological well-being and investigating the prevalence of anxiety among Indian teachers. Our study sample consists of 119 teachers (60 males and 59 females) from schools and universities in various Indian metropolises who are either teaching from home or travelling to their respective workplace. Data has been collected using Google Forms from February-June 2021.

Impairments in functioning, psychological well-being, and anxiety have been measured and collected with well-validated scales (WSAS, WHO-5, GAD-7) along with sociodemographic details through informed consent. A comparative research design has been adopted to understand whether there is statistically significant correlation between age and mode of working on teachers' well-being, anxiety, and work and social functioning. Appropriate statistical tools, such as ANOVA, will be used to analyse the results using SPSS Statistics. Multiple western studies have suggested that the mental health and overall well-being of teachers has deteriorated throughout the pandemic. However, with the cultural context in mind and the lack of similar research, the anticipated results hope to provide new and relevant insights.

*Keywords: teachers, psychological well-being, anxiety*



## 87. DOES LETTER WRITING AS A GRATITUDE INTERVENTION IMPROVE WELL BEING IN ADOLESCENTS?

-Lavaniya S & Vandana N

### Abstract

Gratitude fostering interventions are effectively used for adolescents to inculcate gratitude practice as a part of their daily routine. The present study is an endeavour to compare effectiveness of letter writing as a gratitude intervention on gratitude, Subjective well being prosocial behavior and relationship satisfaction in late adolescents in the age group of 15-18 years. The participants were randomly assigned to two groups with 20 participants each-control group (they wrote about their daily routine and mundane activities which they performed for 3 weeks) and experimental group (Gratitude intervention in which participants wrote gratitude letter to nine people, in their life whom they were grateful to over a span of 3 weeks). The measures administered as concomitants of well being included Gratitude Questionnaire (GQ, McCullough M., E. 2013), Subjective Well being Scale (SWB, Diener et al, 2009), Relationship Questionnaire (RSQ, Bartholomew & Horowitz, 1991) ) and Prosocial Behavior Intention Scale (PBIS, Baumsteiger, Siegel, 2018). The data was analyzed through Paired t test to see the differences between the mean scores of pretest (before applying intervention) and post test scores (after applying the intervention) on the two groups. No significant findings were found between pre and post test scores on all variables in control group. However, findings indicate that increased scores were obtained in the posttest condition for life satisfaction, gratitude, relationship satisfaction and prosocial behavioral intention, but no significant difference was found for the positive, negative and balanced affect. The study implies that gratitude intervention can be used in educational institutions, schools and even in colleges as these interventions help an individual to see and appreciate for what life has offered and help one to be thankful for everything which brings positive changes in a person.

*Keywords: adolescents, gratitude intervention, letter writing.*

## 88. FRIENDSHIP CONTINGENT SELF ESTEEM, FEAR OF MISSING OUT AND SELF-PRESENTATION: A STUDY ON TEEN INSTAGRAM USERS

-Nidhi G & Sneha N

### Abstract

Instagram is highly favoured social media platform which is harbouring attention in teenagers these days. The aim of the study was to assess the relationship between friendship-contingent self-esteem, fear of missing out and self-presentation of Teen Instagram users and also to investigate how self-presentation predicts friendship contingent self-esteem and fear of missing out. To assess aforementioned variables Friendship contingent self-esteem scale by cambron (2010), Fear of missing out scale by Przybylski, Murayama, DeHann, & Gladwell (2013) and Self-presentation scale by huang (2014) were used. Participants of the study included young adolescent girls (16-19 years) who were active Instagram users. The statistical analysis used were correlation and regression. Results of the study indicated that friendship contingent self-esteem and three dimensions of self-presentation namely self-promotion( $r = 0.330$ ,  $p < 0.01$ ), manipulation ( $r = 0.409$ ,  $p < 0.01$ ), and damage control( $r = 0.462$ ,  $p < 0.01$ ) were having significant positive correlation even fear of missing out and dimensions of self-presentation, Damage control ( $r=0.271$ ,  $p < 0.05$ ) and manipulation ( $r=0.298$ ,  $p < 0.01$ ) were found to be positively correlated. Regression analysis indicated that Self presentation accounted for 19.9% variance in friendship contingent self-esteem and 7.4% variance in fear of missing out. Self-presentation plays an integral part in personality enhancement and development of self-concept.

*Keywords: Self-Presentation, Friendship-Contingent Self-Esteem, Fear of Missing Out*

## **89. A THEORETICAL PAPER ON- THE COMPARATIVE STUDY OF MENTAL HEALTH OF INDIAN WOMEN FROM ANCIENT AND MODERN PERSPECTIVES**

**-Suman S & Vijiyasri R**

### **Abstract**

“Yatra, Naryasthu Pujiyante, Tatra evathaha Ramanthe” is a very old Sanskrit adage which says where Women are worshipped, in the sense given lot of respect , even Gods rejoice over the status of Women. Ancient Indian concepts and paradigms relating to mental health of women are highly holistic and cover those aspects which are often neglected in the modern literature and present day Mental Health Studies. Ancient concepts of Womens mental health have a strong impact on the culture of India, which is parallel to the development of Holistic Knowledge , especially in the area of Indian Philosophy and Psychology. Topic of Women Mental Health is highly relevant in the present era of Pandemic outburst, but yet, one can observe, in Indian Scriptures and epics – The Lofty Ramayana, Mahabharatha and Bhagavatha Purana several illustrations of women keeping up their integrity and sound mental health amidst outbursts of several serious issues. However, the paper proposes to begin with the treatment of concept of women mental health, from ancient Indian perspective and comparing it with modern research on the mental health of women. Mid way, the Paper traces the characteristics of famous Indian women personalities who managed their personal mental health in such a way so as to guide the modern women about the upkeep of sound values in order to remain happy and calm in spite of trying circumstances. Final part of the paper would highlight a qualitative view and opinion about some women, who are actively engaged in the study of Scriptures as a part of their routine , the sample also includes working and non working women, who have been influenced by the Indian thought and Scriptures in the maintenance of their good mental health.

## 90. WHY DO THE SURVIVORS OF SEXUAL ABUSE REMAIN SILENT?

-Navyashree G.C & M Y Manjula

### Abstract

In spite of having laws and committees to ensure protection of children from sexual abuse in India, the situation has not changed much. Though there is rise in the reporting of incidents of sexual abuse, many incidents go unreported or not more than convincing the child to stay silent is happening. The present study aims at exploring the percentage of incidences of child sexual abuse reported, and the response of people to whom the incident was reported. From these two objectives the current study also delineates the reason for silence about sexual abuse. In the present study 104 adolescent college going girls with the experience of contact sexual abuse participated. Structured interview schedule developed by the researcher was used to explore the objectives. The results were represented using percentage and further thematic analysis is used for the analysis of the qualitative data. Results indicate that majority of the survivors of sexual abuse reported the incident of sexual abuse to their mother and close friends. Thematic analysis indicates that , when an incident of sexual abuse was reported varied active and passive responses were shown. Active responses for the disclosure of the incident of sexual abuse included Showed resentment and took action and suggested to fight against the perpetrator and passive responses included ignorance, avoidance, over protection, worrying etc..

*Key words: Sexual abuse, disclosure, active response, passive response.*

## **91. RELATIONSHIP BETWEEN HIGH SOCIAL MEDIA USE AND DEPRESSION AMONG HOMEMAKERS AND IT PROFESSIONALS DURING COVID-19 LOCKDOWN**

**-Varsha Sudhakar**

### **Abstract**

The COVID-19 pandemic and subsequent lockdowns have brought about changes in social media usage. Many scientific studies have shown an increase in the usage of social media. While social media has been harnessed as a way to keep people close virtually during this time of social isolation, excessive use of it certainly has detrimental effects. One such effect is symptoms of depression. The current study aims to assess the relationship between high social media usage and levels of depression among female homemakers and IT professionals working from home, due to COVID-19 lockdown. The study also compares the relationship of the two variables between homemakers and IT professionals working from home. The snow ball technique was used to collect data from 80 individuals during the COVID-19 second lockdown. The questionnaires used to collect data were the DASS-21 and SNAIS. Congruous statistical methods were applied. The results will be discussed with their implications.

*KeyWords: COVID-19 lockdown, Depression, Homemakers, IT professionals, Social media usage*

## **92. IMPACT OF ONLINE TEACHING ON MENTAL WELL-BEING OF TEACHERS DURING COVID-19**

**-Prachi Joshi, Pooja Kulkarni and Anuja Sathe**

### **Abstract**

COVID-19 changed our lives in many ways. Education is one of the major sectors hit by these changes. In India, schools and colleges adapted to online teaching and teachers had to learn new technology to work from home. The aim of this study was to understand how these changes affected the mental well-being of teachers. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS), along with some additional descriptive questions was used to understand their experience of teaching from home. The sample consisted of 30 teachers from Mumbai, teaching diverse fields including academics and performance arts. The study was done using a survey method with google forms to collect data and descriptive analysis was employed to interpret the data. The study helped understand the challenges teachers faced in imparting education during the pandemic and their coping strategies for dealing with the change. The scope and limitations of the study have also been discussed.

*Keywords: mental well-being, teachers, covid-19, education, online teaching*

### **93. LATENT FUNCTIONS OF EMPLOYMENT & WELL BEING IN CONTEXT TO THE PREVAILING WORK CONDITIONS DURING PANDEMIC**

**-Mridula Sharma & Arushi Dubey**

#### **Abstract**

Pandemic has changed almost each and every aspect of life, including a person's personal, social & professional life. Majority of professions have shifted to online mode of working, which has assorted influences on the well being of people. The present research was aimed at looking at the association of latent functions of employment and well being of employees who were working from home entirely during the present pandemic situation of Covid-19. The main objective of the research study was to investigate the relationship between the five latent functions of employment, viz., time structure, collective purpose, social contact, social status and enforced activities and well-being of employees. For the same, a sample of 104 employees, who were working in different industries or sectors through online mode from home entirely, were contacted and their responses were collected on latent functions & well being Scale for latent and manifest benefits of employment by Muller, et al. (2004), and Warwick-Edinberg Mental Well-being scale by Brown and Janmohamed (2008). The scores on the variables were analyzed by using product moment correlation, and the coefficients of correlation revealed that four of the latent functions i.e. Social status, Social contact, Collective purpose, and Enforced activity were positively correlated to well-being and the only function is negatively related to well-being of people i.e. Time structure. The findings implied that the social status, social contact, collective purpose and enforced activity, which are the byproducts of being employed, contribute to the well being of people, even in these difficult times of pandemic, while the time structure, an important aspect of employment, bound people to very strict timelines, which became much more difficult for people to follow, as they were working from home, so, it was found to be negatively related to well being.

*Key words: Latent functions (time structure, collective purpose, social contact, social status and enforced activities), Well being*

## 94. MINDFULNESS, EMOTION REGULATION, SELF-COMPASSION AND PSYCHOLOGICAL WELL-BEING IN NON-CLINICAL POPULATION

-Dina Din Ginette Arielle Ruth & Dr.Hariom Sharma

### Abstract

Several studies have associated self-compassion, emotion regulation to mindfulness; however, they were discussed separately, and never allied together in any study. Psychological well-being also, is a concept that is seen as a consequence of mindfulness. Sometimes, it has been related to emotion regulation; we want to test it systematically with other constructs to see whether this relationship might possibly exist. The aim of our study was to see whether the relationship between mindfulness, emotion regulation, self-compassion, psychological well-being in non-clinical population exists. A sample (N=96) of normal individuals (we mean people who have never faced psychological distress or being hospitalized for psychological problems) participated in this study. We sent them an online survey, through mail and social media, consisting of four standardized tests (MAAS, ERQ, SCS-SF, PWB Scale), and participants responded to the questionnaire anonymously. Our findings suggest that there is no relationship between mindfulness, emotion regulation, self-compassion and psychological well-being. However, we figure out a significant relationship between self-compassion and mindfulness, and two other self-compassion's subscales (self-judgment item and over-identified item) and mindfulness. Gender differences were also observed insignificant. Further studies are required to explicit the sense of these findings.

*Keywords: Self-compassion, emotion regulation, mindfulness, psychological well-being*



## 95. MEDIA VIOLENCE AND AGGRESSIVE BEHAVIOUR AMONG ADOLESCENTS

-Dimple S & Anugraha M R

### Abstract

The influence of media violence on aggression has found an increased attention since a long time ago. Over the years, people are increasingly becoming concerned about the media violence and especially how it is influencing behaviours of children and adolescents. The children and adolescents tend to imitate the act of violence they watch on television. The existing literature has shown that aggression increases due to exposure to media violence. The present study tends to examine the relationship between media violence and aggressive behaviour among 49 Assamese adolescents. They were assessed using the Media exposure questionnaire and Buss Perry aggression questionnaire. The correlational analysis revealed a positive correlation between media violence and aggressive behaviour among adolescents. The findings have specific applications in designing interventions for adolescents.

*Key words: Violence, Aggression, Media Exposure, Adolescents, Gender.*

## 96. DOES LETTER WRITING AS A GRATITUDE INTERVENTION IMPROVE WELL BEING IN ADOLESCENTS?

-Lavaniya Singh & Vandana Nanglu

### Abstract

Gratitude fostering interventions are effectively used for adolescents to inculcate gratitude practice as a part of their daily routine. The present study is an endeavour to compare effectiveness of letter writing as a gratitude intervention on gratitude, Subjective well being, prosocial behavior and relationship satisfaction in late adolescents in the age group of 15-18 years. The participants were randomly assigned to two groups with 20 participants each-control group (they wrote about their daily routine and mundane activities which they performed for 3 weeks) and experimental group (Gratitude intervention in which participants wrote gratitude letter to nine people, in their life whom they were grateful to over a span of 3 weeks). The measures administered as concomitants of well being included Gratitude Questionnaire (GQ, McCullough M., E. 2013), Subjective Well being Scale (SWB, Diener et al, 2009), Relationship Questionnaire (RSQ, Bartholomew & Horowitz, 1991) ) and Prosocial Behavior Intention Scale (PBIS, Baumsteiger, Siegel, 2018). The data was analyzed through a Paired t test to see the differences between the mean scores of pretest (before applying intervention) and post test scores ( after applying the intervention) on the two groups. No significant findings were found between pre and post test scores on all variables in the control group. However, findings indicate that increased scores were obtained in the posttest condition for life satisfaction, gratitude, relationship satisfaction and prosocial behavioral intention , but no significant difference was found for the positive, negative and balanced effect. The study implies that gratitude intervention can be used in educational institutions, schools and even in colleges as these interventions help an individual to see and appreciate what life has offered and helps one to be thankful for everything which brings positive changes in a person.

*Keywords: adolescents, gratitude intervention, letter writing.*

## 97. MENTAL HEALTH OF YOUTH IN ARUNACHAL PRADESH

-Osunam Pertin & Swati Patra

### Abstract

The youth's mental health problems are associated with increased risk of mental illness and other adverse outcomes later in life. There is a dearth of statistical data on mental health problems and youths, Arunachal Pradesh has yet to conduct a mental health survey. The present study examined mental health among the youth of Itanagar, Arunachal Pradesh in India. Sample included 300 youth (150 females and 150 males) aged 15 to 23 with 100 participants in each group (15-17 years, 18- 20 years, and 21-23 years) from three different educational institutions in Itanagar, the capital city of Arunachal Pradesh in India. The Mental Health Continuum Short Form (Keyes, 2005) was used. Findings indicated the majority of youth (82%) was found to have good mental health with moderate (52%) to flourishing (30%) state of mental health, whereas 18% of youth reported a diagnosis of languishing mental health signifying very poor mental health. Both genders have almost similar distribution in moderate category of mental health; however, males have higher levels of flourishing (males – 17%, females – 13%), and females have higher levels in languishing (females – 11.67%, males – 6.33%) state of mental health. Most of the youth in the study have higher levels of emotional wellbeing (67.4%) and psychological well being (68%). On other hand most of the youth reported to have low social wellbeing (62.3%). There was also an increase in flourishing and decrease in languishing state of mental health with increase in the age group. A significant gender and age difference was found for mental health. Mental health is an important but often overlooked component of youth well-being thus; efforts should be directed toward identifying at-risk youth and gaining an understanding of risk factors for mental health issues,

*Keywords: Mental health, Wellbeing, Arunachal Pradesh, Youth, India*

## 98. PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENTS IN THE CURRENT CIRCUMSTANCES

-Ananda H

### Abstract

This present investigation primarily assesses the psychological well-being among adolescents in the current circumstances. Sample for this study consisted of randomly selected 100 adolescents. Tools used for data collection is Ryff's Psychological well being scale which is a standardized instrument selected after a comprehensive review of related literature. Ryff's psychological wellbeing is the combination of personal growth, environmental mastery, autonomy, positive relations with others, purpose in life and self-acceptance. The primary method of data collection was adopted in this study. The data collection was spread over a period of one week. Results indicated that socio-demographic variables do not influence adolescent psychological well-being, Gender and age are negatively related with psychological well-being, Stay in hostel is positively related with psychological well-being.

*Keywords: Adolescence, psychological well-being, Ryff's psychological scale, investigation, Current circumstances*

## 99. INTOLERANCE OF UNCERTAINTY AND PERCEIVED STRESS AMONG LATE ADOLESCENTS

-Akshatha Rao & Ashwini Shetty

### Abstract

Late adolescence is a crucial period followed by many physical and emotional changes. Thus, excessive stress and intolerance to uncertainties increases during late adolescence and it is a key component of many mental health conditions. The aim of the study was to measure the level of Intolerance of Uncertainty and Perceived Stress among late adolescents. The total sample consists of 29 male and 51 female late adolescents (N=80). The data was collected using Intolerance of Uncertainty Scale and Perceived Stress Scale. The collected data was analysed using independent sample t-test, and correlation between two variables was analysed by using Karl Pearson's coefficient of correlation. And thus, the findings of the study show that there is no significant difference in Intolerance of Uncertainty and Perceived Stress among male and female late adolescents and there is a weak positive correlation between Intolerance of Uncertainty and Perceived Stress among late adolescents.

*Keywords: intolerance of uncertainty; perceived stress; late adolescence*

## 100. TO ASSESS THE RELATIONSHIP BETWEEN PSYCHOLOGICAL DISTRESS AND RESILIENCE AMONG FARMERS DURING COVID -19 PANDEMIC IN KARNATAKA

-Harshitha S M

### Abstract

The present and past COVID outbreaks have demonstrated an increase in psychological distress and this has a greater impact on the mental health and well-being of people. The farmer plays an important role in our society. So this research is to understand the relationship between psychological distress and resilience among farmers and the effect of demographic data on variables during the COVID-19 pandemic. The sample size includes farmers of Karnataka. Sampling method used was a snowball and mixed interview. The scales used for assessments were Kessler's psychological distress scale- K10 by Ronald C. Kessler and The Brief Resilience Scale by Smith et al. Their responses were recorded and analysed using the appropriate statistical method. The results will be discussed with their implication value.

*Keywords: Farmers , COVID-19 pandemic, Psychological distress, resilience, agriculture.*

## 101. PERCEIVED INTERPARENTAL CONFLICT IN RELATION TO CERTAIN PSYCHOLOGICAL ASPECTS AMONG YOUNG ADULTS

-Divya Dovina

### Abstract

Our initial viewpoints regarding marriage are developed from what we see in our parents. Most of our behaviour is developed from what we see of others, forming ideas about such behaviours and acting upon them at a later stage. Conflicts in the marital life of parents affects not just the relationship between the parents but also the relationship with the children. The current study aims to study the relationship of Perceived interparental conflict with attitude towards marriage, belief in myths about marriage, marital expectations and interpersonal competence among young adults. This is in order to check if interparental conflict results in ramifications in the lives of the children in later relationships, especially in relationships of an intimate nature. In the current study, Premarital Education is defined as the knowledge and skill based training procedure which aims at providing couples with information on ways to improve their relationship. Attitude towards marriage is defined as a person's subjective opinion and positive/negative evaluation of the institution of heterosexual marriage as measured by The Attitude towards marriage Scale (MAS) developed by Braaten and Rosén (1998). Belief in marital myths is defined as widely held beliefs about marriage that are not supported by the facts as measured by The Marriage Quiz developed by Larson (1988). Marital Expectations is defined as the rules or norms based on one's beliefs about marriage and family roles and relationships, acquired through the socialization process, that govern behavior for self and others as measured by the Marital Expectations Scale by Dovina and Karunanidhi (2017). Interpersonal competence is defined as the proficiency in interpersonal task domains like self-disclosure, assertiveness, emotional support and conflict management which contribute to the success in maintaining relationships as measured by the Interpersonal Competence Questionnaire developed by Buhrmester, Wittenberg, Reis and Furman (1988). Perceived Interparental Conflict is defined as the level of conflict between the parents as perceived by the child as measured by the Children's Perceptions Of Interparental Conflict scale developed by Grych, Seid and Fincham (1992). Ex Post facto research design was used. Stratified random sampling method was used and data was collected from 450 Undergraduate students. Pearson's product moment correlation was used for analysis. High perceived inter-parental conflict was found to have a positive relationship with unfavourable attitude towards marriage and also with high belief in myths about marriage, whereas, it was not related to marital expectations and interpersonal competence of unmarried young adults.

*Keywords- Perceived interparental conflict, attitude towards marriage, belief in myths about marriage, marital expectations , interpersonal competence*

## 102. PERCEIVED STRESS AMONG POST GRADUATE STUDENTS

-Sneha & Rosa

### Abstract

Perceived stress refers to how a person feels or thinks about how much stress they are experiencing at any given moment. The descriptive correlational study was conducted. The present study was aimed to examine the Perceived Stress among post graduate students. A total of 100 post-graduation students from Kannur District were selected as samples, a stratified random sample is obtained. The instrument was the Perceived Stress Scale, created by Sheldon Cohen, Tom Kamrack, and Robin Mermelsten in 1988 to quantify participants' perceived stress. T-test, ANOVA, and the Shapiro Wilk test were used to analyse the results. According to the findings, the majority of respondents are under moderate stress. The research also discovered that there is no difference in the degree of perceived stress among post-graduate students depending on the type of family and the size of the family.

*Keywords: perceived stress, post graduate students, Kannur district.*



### **103. POSITIVE EMOTIONS, RELATIONSHIPS, MEANING, ENGAGEMENT AS MEDIATORS BETWEEN ACCOMPLISHMENT AND CREATIVITY AMONG INDIAN YOUTH**

-Shefali S K & V Premanand

#### **Abstract**

The objective of the current study is to examine whether Positive Emotions, Relationships, Meaning, and Engagement mediates the relationship between Accomplishment and Creativity. Four hundred and seven sample from youth population from various states of India, i.e., Karnataka, Maharashtra, Kerala and Andhra Pradesh, completed a questionnaire package consisting of The Kaufman Domains of Creativity Scale (K-DOCS; Kaufman, 2012) and PERMA-Profilier (Butler and Kern, 2016). As an initial step, Pearson- Product moment Correlation was done to understand the relationship between the variables. The results disclosed positive and significant correlations between the study variables, thus allowing for further analysis. The obtained data were further analysed using Mediation Analysis. The results showed that the indirect path effect by which Accomplishment influences creativity are via Engagement; via Positive Emotions and Engagement; via Relationships and Engagement; via Meaning and Engagement; via Positive Emotions, Relationships and Engagement; via Positive Emotions, Meaning and Engagement; via Relationships, Meaning and Engagement; via Positive Emotions, Relationships, Meaning, and Engagement.

*Keywords: PERMA, Creativity, Indian Youth*

## 104. A STUDY ON THE IMPACT OF SELF-COMPASSION INTERVENTION ON SELF-COMPASSION IN WOMEN DURING THE PANDEMIC ERA

-Samarchitha S & Sritha Sandon

### Abstract

Self-compassion is an integral component for mental health and general well-being. It has proven to be beneficial in many ways across different populations. The aim of the present study was to explore the impact of a brief self-compassion intervention on housewives in the Indian context. The study followed a mixed-methods design using both quantitative and qualitative measures. The quantitative aspect followed an experimental design. The independent variable was a brief intervention of self-compassion administered to the experimental group. The dependent variable was self-compassion. The hypothesis for the quantitative part of the study was that a brief self-compassion intervention has an effect on self-compassion. Twenty participants took part in the study between the ages of 35-55. The participants were selected through a convenient sampling method. The selected participants were randomly assigned to experimental and control groups. Pre-test and Post-test measures of self-compassion were taken from both groups using the Self-Compassion Scale (SCS; Neff, 2003a). A 10-day intervention which had exercises in self-kindness, mindfulness and common humanity, was carried out for the experimental group using an online modality due to the covid-19 pandemic. The Mann-Whitney U test revealed that there was a significant difference in self-compassion between the control and experimental groups, thus the hypothesis was accepted. The qualitative part of the study aimed to explore the experiences of housewives after a brief self-compassion intervention using phenomenological approach. Thematic analysis of participants' reflections revealed 10 themes which were, increased awareness of self, improvement in self, awareness about being critical of oneself in the past, motivation to increase well-being, increased self-confidence and self-control, appreciating and accepting oneself, understanding of self-compassion and its components and their positive impact, coping strategies, self-care, and disengaging with negative spirals through mindfulness. In essence, the study has indicated that self-compassion carries a potential to promote positive mental health and improved intrapersonal relationships.

*Keywords: Self-Compassion, Self-compassion intervention*

## **105. A QUALITATIVE STUDY OF THE RELATIONSHIP BETWEEN PERCEIVED STRESS AND PRIMAL WORLD BELIEFS IN WOMEN POPULATION OF URBAN NEIGHBOURHOODS DURING CORONA PANDEMIC**

**-Sushmitha Subramani & Preevi Garg**

### **Abstract**

Background: Many research studies have studied self-beliefs and beliefs about the future. There are less studies adopting an ecological approach and analysing the influence of one's world beliefs on one's emotions and behaviour. The pandemic tends to increase perceived stress which has been analysed in varied cultures. Uncertain and constantly changing world may cause stress and alterations in the world beliefs. The aim of the study was to qualitatively investigate the relationship between perceived stress and primal world beliefs in women population in the context of the pandemic. This was a qualitative study exploring the relationship between two variables- perceived stress and primal world beliefs. The 6 primal world beliefs investigated included: Progressing vs. Declining, Regenerative Vs. Degenerative, Changing vs. Static, Just Vs. Unjust, Harmless vs. Dangerous, and Meaningful vs. Meaningless. Case study method was utilized on a purposive sample of 7 women from different age groups to find recurrent themes using thematic analysis. The sample inclusion criteria included resident citizens of India, women who lie in the age range of 20 to 80 years, who do not suffer from any psychological illness and who have experienced the corona pandemic while living in urban neighbourhoods. The data was collected using observation as well as in-depth interviews. There is a positive correlation between perceived stress and negative primal world beliefs. There is more prevalence of 6 themes: declining, degenerative, changing, unjust, dangerous, and meaningful because of the corona pandemic. There is a positive correlation between perceived stress experienced by individuals of varied age groups. There is no significant variation in the primal world beliefs in varied age groups.

*Keywords: perceived stress, primal world beliefs, women, corona pandemic, case studies*

## 106. RELATIONSHIP BETWEEN SLEEP QUALITY AND DEPRESSION AMONG UNIVERSITY STUDENTS

-Suraksha Thakur, Yashas & Sharanappa C

### Abstract

The COVID-19 outbreak has caused several physical and social changes which has a negative effect on mental health leading to poor sleep quality. Depression and sleep have a coactive relationship. This means that poor sleep quality can contribute to the development of depression and the person who is already having depression may become more prone to sleep issues. Depression and sleep quality can lead to daytime dysfunction among students. Each component of the Pittsburgh Sleep Quality Index (PSQI) may have a specific influence on mental health. Thus the aim of this study is to understand the relationship between each component of the PSQI and how it relates to depression in University students. To accomplish this study, the authors created google forms which were consisting questions from PSQI and PHQ-9 which were shared on several social media platforms. There were 236 university students who voluntarily participated from major cities in South India. The Pittsburgh Sleep Quality Index (PSQI) was administered to the participants to assess and score the seven components. Patient Health Questionnaire (PHQ-9) was used to assess depression. Data was analyzed in SPSS for Pearson's Correlation of Coefficient in the current study. A significant positive correlation was found between all the components of PSQI except for sleep efficiency which had non-significant correlation. This needs immediate psychological intervention and the suggestions are put forward in the study.

*Keywords : COVID-19, Sleep quality, Depression.*

## 107. ACHIEVEMENT MOTIVATION AND POSITIVE MENTAL HEALTH AMONG HIGH SCHOOL STUDENTS

-Kavya U & Ankalesh B N

### Abstract

The present study is aimed to understand the gender difference in the level of achievement motivation and positive mental health among high school students and to identify the relationship between achievement motivation and positive mental health among high school students. The study adopted sample survey design. A purposive sample of 120 high school students between 13-16 years of age is selected for the study. Achievement Motivation Scale by Prof. Pratibha Deo and Dr. Asha Mohan, and Positive Mental Health Scale by Dr. C D Agashe Dr. R D Helode is used in the study. The result is analyzed using an independent sample t-test and Pearson coefficient of correlation. The result indicated that there is a significant gender difference in the level of achievement motivation and there is no significant gender difference in the level of positive mental health among high school students. Relationship between achievement motivation and positive mental health is not significant among high school students.

*Key words: Achievement motivation, Positive mental health, High school students.*

## 108. PSYCHOLOGICAL WELLBEING AMONG THIRD AGE DURING COVID-19

-Swathi Jain & Priya Choudhary

### Abstract

Corona is a major pandemic for the entire world at present. In the present situation, humankind is terrified because of the disturbing circumstances of the ongoing pandemic of covid 19. It affects all types of age groups, especially third age groups i.e., elderly people. Elderly people are the major victim of this outbreak. The malady brought by the new virus COVID -19 where elderly people are more vulnerable to this extreme disease. Research data in studies yielded that elderly person and grown-up 60's and individuals with prior ailments, particularly coronary illness, lung malady, diabetes have more chance than other age groups. Ageing is a natural phenomenon where already there are various changes in the human body. As long as consideration is not taken, the elderly as a group will face serious consequences for their physiological and behavioural well-being. It is a review article where papers from different databases were analysed .The result of the study found that covid -19 have impact on elderly on every aspect of their life such as economic well-being, psychological well being, physical health. Now during this covid -19 pandemic, the cognitive functioning of the aged people is more affected. The current paper reviews the covid 19 effects on psychological well being of elderly people and find the strategies how to cope with this pandemic. Based on the available scientific evidence, it was concluded that coping plays a very important role to deal with psychological wellbeing issues.

*Keywords: Psychological well being, Elderly people, Covid -19, Coping*

## 109. TO ASSESS QUALITY OF SLEEP AND INTOLERANCE OF UNCERTAINTY MEDIATED BY EMOTIONAL INTELLIGENCE AMONG YOUNG ADULTS DURING A PANDEMIC OUTBREAK

-Ananya S M

### Abstract

Covid-19 Pandemic has created a lot of uncertainty in young adults. Daily lifestyle has changed a lot because of this uncertain situation, especially sleep pattern has been disturbed. Hence, this study aims to examine the Sleep disturbance (improper sleep pattern) and Intolerance of uncertainty mediated (viewing uncertainty as negative) by Emotional intelligence (having awareness and regulating of one's and others' emotions) among young adults during a pandemic outbreak. An online questionnaire, including socio-demographics, the Pittsburgh Sleep Quality Index (PSQI), Intolerance of Uncertainty Scale (IUS), and Emotional Intelligence Scale (EIS), was administered to young adults (n=200). There is a significant positive correlation between sleep disturbance and intolerance of uncertainty (.367\*\*), a significant negative correlation between sleep disturbance and emotional intelligence (-.329\*\*), and Intolerance of uncertainty and emotional intelligence is negatively correlated (-.450\*\*). On mediational analysis is revealed that emotional intelligence is partially mediating between Sleep disturbance and Intolerance of uncertainty. On Chi-square, it was seen that there is an association between Sleep disturbance and domicile and person's tested, covid positive in the past 1 year. Emotional intelligence has an association with family type. Sleep disturbance and Intolerance to uncertainty can be improved by enhancing Emotional intelligence.

**KEYWORDS:** *Covid-19 Pandemic, Young adults, Sleep disturbance, Intolerance to uncertainty, and Emotional intelligence.*

## 110. RELATIONSHIP OF ANXIETY WITH INTOLERANCE OF UNCERTAINTY

-Mridula Sharma & Tanaya Trikha

### Abstract

The present study is an attempt to explore relationship between Intolerance of uncertainty and Anxiety. As we all can see that growing intolerance towards the uncertainty of the new COVID 19 variants are increasing day by day among youth, they can't even plan their future because of the uncertainty and this fluctuations is causing the youth to be intolerant, by staying at home all day long, not going to college or doing any job is increasing intolerance in youth which are causing more small frictions among the youth and they are unable to control it, because of this they have started behaving violent on small issues. Due to intolerance the youth are becoming more anxious and it is increasing the level of Stress which causes Anxiety in them. Our present study is showing that as the youth is becoming intolerant the anxiety among them is increasing more, as much the person is intolerant the anxiety level also increases automatically. On the basis of our study the findings indicates that the youth getting intolerant with smaller issues during pandemic period and because of their intolerance they are becoming Stressed easily and stop interacting with people, they started becoming unsocial. The results reflect a positive correlation between Intolerance of uncertainty and Anxiety

*Keyword: Anxiety, intolerance, uncertainty, stress*



## **111. IMPACT OF EMPLOYEES PERFORMANCE ON EMOTIONAL HEALTH AMONG EMPLOYEES OF ONLINE RETAILING COMPANIES DURING COVID-19**

**-Swathi M & Dr Navyashree G C**

### **Abstract**

Emotional health is a major concern in the context of covid-19, which is a challenge to humanity. The pandemic has caused significant changes in the way employees of online retailing companies' work which in turn affects their routine activities and their emotional health. This has influenced the employees of online retailing companies in the way they perform at work. Work during the pandemic including work from home and their performance impacts emotional health and well-being. The present study is aimed to assess the impact of employees' performance on emotional health among employees of online retailing companies during covid-19. The data was collected from 60 employees of online retailing companies using Google forms across Bangalore, Karnataka. The study adopted sample survey research design. Epidemic-Pandemic Impacts Inventory (EPII) by Grasso, D. J., Briggs-Gowan, M. J., Ford, J. D., and Carter, A. S. (2020) was used for assessing the impact of employees' performance on emotional health. The results revealed that there is no significant impact of employees' performance on emotional health among employees of online retailing companies.

*Keywords: Online retailing, Employees' performance and Emotional health*

## 112. ADJUNCT THERAPY OF PRANIC HEALING FOR GRIEF, PANIC ATTACK AND HALLUCINATION: A CASE REPORT

-Nityashree, Srikanth N Jois & Moulya R

### Abstract

Grief is a physical and psychological reaction followed by loss of a loved one. This case pertains to Mr.A, a 59 year old male with a diagnosis of prolonged grief disorder, Panic attack and auditory hallucination. He complained of disturbed sleep, and a feeling that his father is calling him, who was deceased 2 years ago. Mr A. is under benzodiazepine medication and has undergone psychological therapies, counselling, along with other complementary and alternative therapies but the suffering did not change. Pranic Healing (PH) an ancient science of healing which focuses on the energy fields surrounding and within the human body, was suggested by his counsellor. Pranic Healing is complementary therapy utilising the prana or vital energy as a source for healing. Different conditions of the subject were noted during interviews before and after PH sessions. Severity Measure for Panic Disorder—Adult was used to assess panic attack, Auditory Vocal Hallucination Rating Scale for Hallucination, Insomnia Severity Index for Sleeplessness and insomnia and Hamilton's Anxiety Rating Scale for Anxiety. During 20 minutes of PH sessions, Mr A experienced the energy flowing towards his body and lightness of the body. With a total of 14 Pranic healing sessions applied in 6 months, He reported changes like, reduced panic attacks, reduced hallucinations, and slept calmly. Based on his condition the Psychiatrist reduced his medications. To conclude, PH has a positive effect on prolonged grief disorder by reducing the symptoms of Grief, Panic Attack and Hallucination and improved sleep quality. Further research is warranted in this area.

*Keywords: Insomnia, Pranic healing, Complementary therapy, panic attack, hallucination*

### **113. A STUDY ON STRESS AND ANXIETY AMONG PREGNANT WOMEN DURING COVID 19 WITH SPECIAL REFERENCE TO BANGALORE URBAN**

-Rashmi R K

#### **Abstract**

The problem of mental health of women is multidimensional and complex. Even in the past (Before covid 19) the issue of maternal mental health was barely addressed by public and private healthcare providers. From the study researcher identified that majority of the respondents agreed that they were so depressed and stressed due to the socio-economic problems faced during the covid pandemic and they were so helpless don't know who to ask help etc. During this pandemic numbers of unwanted pregnancies are increased and also raise in miscarriages etc. Local healthcare providers should be trained to identify these problems and also help them during this pandemic situation and provide available facilities, which could also reduce the burden of depression of pregnancies women. Pregnant women should be provided appropriate information about COVID-19, as well as counselling, for reducing stress and anxieties. They must also be supported by their partners and community. Detecting and treating anxiety and depression in the beginning could prevent detrimental long-term effects on maternal and infant health.

A study on prevalence of anxiety stress and depression symptoms and the related factors in pregnant women during covid 19. The objectives of this study to explore the awareness and importance of mental health during pregnancy period.

Results – From the study majority of the respondents opined that they were facing anxiety and stress before covid and now due this covid pandemic its increased.

social -economic, emotional factors are the main factors influenced adversely in increasing stress, anxiety and depression during pregnancy from the It is clear that stress in pregnancy should be taken seriously, since it has consequences for both the mother and the baby. More research is needed and to be studied on stress-reducing treatments for pregnant women. Furthermore, health care professionals need to pay more attention to women's psychological well-being early in pregnancy, since this may prevent the development of excessive stress in the first place.

*Keywords: Anxiety, COVID-19, depression, perceived stress, pregnant women, psychological status.*

## 114. TEACHER PSYCHOLOGICAL WELL-BEING - A CROSS SECTIONAL SURVEY FROM SOUTHERN INDIA

- Lena Ashok, Chinthana Rajesh  
& Chythra R Rao

### Abstract

Academicians and teachers are responsible for the development of the nation's human capital. Teacher psychological well-being is becoming a more essential factor of effectiveness. The study's objective was to determine the aspects of the domains of psychological well-being among secondary school teachers in Southern India. In a coastal district in Southern India, a cross-sectional survey was conducted in government, aided and unaided schools.

A self-administered questionnaire was used to survey 460 high school educators. Teachers' psychological well-being was assessed using Ryff's psychological well-being measure (1989). Logistic regression was used to identify the aspects of outcome variables using SPSS version 15.0. The domains that predicted psychological well-being included autonomy, personal growth, self-acceptance, positive relations and purpose in life. In terms of teacher psychological well-being, a higher proportion of teachers from private schools in rural areas had high autonomy and environmental mastery, whereas teachers from private schools in urban areas had high self-acceptance. Teachers' psychological well-being is critical to improving and maintaining their work excellence. The study recommended stress management programmes for secondary school teachers to improve their psychological well-being.

*Keywords: Psychological well-being, autonomy, self-acceptance, high school teachers.*

## 115. TO ASSESS PROFESSIONAL QUALITY OF LIFE AND COPING STRATEGIES AMONG MENTAL HEALTH PROFESSIONALS

-Sharadhi S N

### Abstract

Mental health professionals are helping professionals. They provide treatment and assistance to those suffering from different mental illnesses and psychological issues that may have an impact on their mental health and to maintain their own personal well being these professionals need to have some or the other kind of coping mechanism. Hence, the present study aims to know about coping strategies and professional quality of life among mental health professionals. The data was collected using google forms which contained Socio demographic details, professional quality of life scale and brief cope questionnaire, 62 responses were received. The data was analysed using correlation and t-test. Result indicated that there is a significant positive correlation between compassion satisfaction and problem focused coping at 0.01 level (.343 \*\*). It is found that compassion satisfaction is more among psychologist (mean= 42.09) then psychiatric nurse (mean= 37.90) whereas avoidant coping is seen more in psychiatric nurse (mean= 16.32) then psychologist (mean= 13.67).

*Key words: Professional quality of life, coping strategies, mental health professional, compassion satisfaction and avoidant coping*

## 116. THE ROLE OF STIGMA AND COMMUNITY ATTITUDE AMONG RURAL AND URBAN ADULT POPULATION

-Harshitha D

### Abstract

Mental illness remains a pervasive social issue that affects the well-being of individuals. Stigma about mental illness is a condition in which person is excluded from social acceptance. Whereas the Community attitudes and stigma regarding the causation of mental illness vary in different cultures and can influence the community especially in rural and urban community. The purpose of the study is to find the difference in the level of stigma and community Attitude among rural and urban population, to examine the relationship between stigma and community Attitude about mental illness and also to investigate the effect of stigma on community attitude and area of the population. The sample size comprises of 100 adult population (N=50 rural) (N=50 urban). The samples were collected using random sampling method. The data was collected using the Mental Illness Stigma Scale by Emer.N.Day (2003) and Community attitude towards mental illness scale by Taylor and Dear( 1981). Data was analysed using SPSS software with Independent t test, Pearson correlation and 2 way ANOVA. The findings of the study revealed that there is significant difference in the level of stigma and community attitude on mental illness among rural and urban population. There is a positive significant difference between stigma and community attitude on mental illness among the population. There is a significant effect of mental health stigma on community attitude and area of the population about mental illness. Through study it is inferred that effective methods of awareness is required for rural population to understand about mental illness.

*Keyword: Mental health stigma, Community attitude, Mental illness, Rural, Urban.*

## **117. IMPACT OF LOCKDOWN IMPOSED DUE TO COVID-19 PANDEMIC ON THE PRESCHOOL AGED CHILDREN- A PARENT'S PERCEPTION**

**-Rajani G, Elenora D, Vishanth,  
Anton M & Rosa N M**

### **Abstract**

The emergence of the COVID 10 Pandemic has led to a complete stop in all activities occurring in everyday life, with parks, playgrounds, etc., all being empty. Due to this, children have been relegated to the boundaries of their home. This has led to an increase in behavioural problems and decrease in social abilities of children. The aim of this study is to understand the effects of the COVID 19 Pandemic lockdowns on preschool aged children in India. An exploratory study was done using a self-constructed problem questionnaire validated by the required expert. Responses were taken from around 121 parents/guardians residing in South India, using convenient sampling method. Ethical considerations included confidentiality and free choice to answer the survey. Results showed increase in gadget use, loneliness, increase in behavioural problems such as throwing higher intensity tantrums, and decrease in social skills among preschool children.

Responses also showed unhappiness between parents/ guardians and their children had increased with parents/guardians reporting increase in stress, more conflicts than before with their children, and worry over their child's decrease in social skills. Overall, the survey showed deterioration in behaviour and social skills in preschool aged children according to their parents/guardians, after the pandemic began. To help resolve these conflicts, certain interventions were suggested that may improve parent/guardian relationships and help their children develop their social skills and other appropriate skills.

*Keywords: COVID 19 Pandemic, Preschool, Parent, Behavioural Problems.*

## 118. PERCEIVED STRESS AMONG WORKING WOMEN DURING PANDEMIC

-Swathi B & Chitra B C

### Abstract

Stress is generally defined as a feeling of being overwhelmed or unable to cope with mental or emotional pressure. Stress in working women may be the consequence of various reasons which could be gender specific although conceptual literature suggests Pandemic and Lock down associated Work From Home has caused huge stress due to more household responsibilities along with job in hand. Alongside of this, Carer stress (responsibilities of taking care of dependents at home) has also been a significant cause for perceived stress. The hypothesis being pandemic has negatively affected the home, health and work of employed women which would consequently added up to the Stress level, this study was carried out on 30 working women of different organized sector aiming to measure the perception of stress during pandemic imposed work from home using Perceived Stress Scale (PSS) developed by Sheldon Cohen originally in 1983. This scale measures the degree to which the situation has created stress and how unpredictable, uncontrollable and overloaded the respondents find their lives. The items in PSS ask about feeling and thoughts during previous month which was pandemic lockdown and associated work from home situations. This descriptive study has been conducted using convenient sampling method. The results and discussions imply the level of perceived stress women underwent during pandemic situation.

*Key words:; Perceived stress, Working women, Pandemic*



## **119. EXAMINING THE GENDER DIFFERENCE IN ATTITUDE TOWARDS SEEKING PROFESSIONAL PSYCHOLOGICAL HELP AMONG YOUNG ADULTS DURING COVID-19**

**-K S Akshaya**

### **Abstract**

The outburst of covid-19 at the beginning of 2020 and the series of lockdowns by the Government of India with implying various restrictions, rules and precautions has resulted in various mental health issues like stress, anxiety, fear, loneliness, loss of lives and so on among people. Young adulthood is a key developmental phase marked by several developmental milestones and is a period of transitions and explorations. This study aims in examining the attitude that young adults hold in seeking psychological help in this pandemic along with gender differences. It attempts to bridge the gap in the studies been done during covid-19 as there are very less studies focusing on identifying the attitude people have in taking psychological help during pandemic as there exists a stigma in seeking help for mental health struggles. Attitudes Toward Seeking Professional Psychological Help scale developed by Fischer, E.H ., and Farina A(1995) was used in this study to understand the attitudes of young adults for the same. This study sample comprises of 100 participants from the young adult population, with informed consent. The structured questionnaire comprised of demographic details and the ATSPPH-SF scale was circulated in social media platforms like WhatsApp and Telegram by using convenience sampling method. The results of the study will be discussed later.

*Keywords: Covid-19, Psychological help, Young adults*

## 120. COPING STRATEGIES AND PSYCHOLOGICAL WELLBEING DURING PANDEMIC ERA

-V Subramanyam & Kalavathi P

### Abstract

The purpose of this study is to understand the linkages between covid 19, its impact on mental health and provide mental health strategies. To fulfil this objective, an attempt has been made to examine the existing qualitative literature on covid 19 and mental health strategies. In this paper, covid 19 and mental health as a concept has been used in a holistic sense. Based on the review of literature, the following broad themes have been identified: covid 19 and its impact on mental health, it examines the behavioural and psychological problems associated with an impairment in functioning. By this review, various protective factors, including resilience and other coping strategies which amplified the individual's capacity while encountering negative situations, have been identified. The effectiveness of covid 19 intervention techniques is highlighted. Better preparedness and community empowerment can improve the condition of the vulnerable population affected by the covid 19. Thus, efforts should be given for holistic approach of the affected population.

*Keywords: Covid 19, Mental Health, Resilience, Coping Strategy and Protective Factors*

## 121. THE RELATIONSHIP BETWEEN INTERNET ADDICTION AND REGION OF DOMICILE

-Manjunath S

### Abstract

In the present situation days we all are facing this hard pandemic and are being locked in homes. The people in urban domicile are facing huge problems then the rural domicile people. Rapid use of internet provides enhanced opportunities in communication, information sharing and social interaction. But, the extreme and unnecessary use by individuals has led to the coming out of the concept of internet addiction and the Internet addiction in urban area also became more in this pandemic which is affecting the mental and physical health of the people.

Present study was conducted with the objectives to determine the relationship between Internet addiction and region of domicile. Here the Independent variable is Internet addiction and the dependent variable is Region of domicile. For this study an online survey has been conducted using Google form and the form consist the Basic and Domicile information of the respondents and the 20 questions proposed in Young's internet addiction test (IAT) .In the study total of 64 Participants responded (32 Boys and 32 girls). The population of this study comprises the students aged between 18-24. To select the sample from the population random sampling method has been used. The tools used are IAS and Domicile region. Hypotheses used here is that "Internet Addiction in the Rural domicile is less than the urban domicile". Toconclude, collected data has been analyzed to examine the internet addiction in the region of domicile which are faced by the adolescence and the study explored that as the hypotheses and that formed the hypotheses as true for this study.

*Key words : Internet addiction, young's internet addiction test, domicile region.*

## 122. PATTERN OF PROBLEMATIC INTERNET USE DURING COVID 19 LOCKDOWN

-Sujith B & V Premanand

### Abstract

These days internet became inevitable in the daily life activities of mankind. During the COVID 19 lockdown period, when people are stuck in their houses, the mode of entertainment, academics, and work turned to an online mode. The study exposed to understand the pattern of problematic internet use during COVID 19 lockdown period. This is a cross sectional web based survey research conducted among 200 individuals, between the age ranges of 16 to 24, from Kerala state. The pattern of internet use checklist, Depression Anxiety and Stress scale 21 item and the instrument for the assessment of internet use has been administered. The survey has been conducted during the lock down declared in Kerala, from 8th April to 25th May2021. The results shows that there is an average use of internet per day is 7 hrs and the maximum use of internet is 16 hours per day. The internet use preferences of the participants during this period indicated that the most preferred internet activity was watching entertainment videos (88%) and the least preferred internet activity was online pornography (24%). The survey found that 67% of individuals are in excessive use of internet, 27% belongs to dysfunctional use of internet and 6% of individuals are in recreational use of internet during COVID 19 lockdown period. The study also found there is a significant positive correlation between depression, stress and problematic internet use. Mental health interventions are very much required to the management of problematic internet use during the COVID 19 lockdown period.

*Key Words: Problematic Internet Use, Youth, Technology, Depression, Anxiety, Stress*

## 123. MENTAL HEALTH LITERACY SCALE – DEVELOPMENT AND GENERAL PSYCHOMETRIC PROPERTIES

-C V Sindhuja & Ashok H S

### Abstract

Mental health is an important construct of overall health as it enhances the capability of individuals and societies thereby enabling them to achieve their self-determined goals. Mental health literacy is an important tool that can lead to empowerment, as it provides information about mental disorders and helps the general public gain knowledge and recognize mental illnesses. The objective of the study was to develop a psychometric tool to measure mental health literacy. Indian diaspora as it is extremely essential, considering the lack of mental healthcare funding and service during pandemic. The MHL Scale serves as a tool in understanding of Mental Health literacy among the general population. The scale was developed under the four dimensions of Knowledge, Resilience, Self-efficacy, and social skills that were sourced from the Operational definitions. These dimensions were employed to understand the Mental Health Literacy in a holistic way. The development of the present scale constitutes in understanding the basic awareness about mental health among the (urban/metropolitan) The process involved the phases of (a) deriving the dimensions from review of literature, (b) item generation and (c) establishing reliability and validity of the scale. After the expert validation, four dimensions that coincided with Mental Health Literacy were established, they are as follows-Awareness, Resilience, Social Skills, and Self-Efficacy. The Content Validity Ratio (CVR) was determined from the experts rating, which was observed to be 0.8 and finally a total of 43 items were finalized for data collection out of 200 items generated. The data was collected through an online google survey from a sample of 307 individuals falling in the age group 16-60. The data was analyzed through statistical procedures to obtain reliability and validity. The obtained Cronbach alpha for the 43 items was 0.87 that was accepted, and the Guttman Split-Half Coefficient was 0.798. The results showed that items loaded on latent and newly emerged factors were statistically significant ( $P < .05$ ) Exploratory Factor analysis was conducted which extracted 12 dimensions with total percentage variance of 58.34.

*Key words: Mental Health literacy, Reliability and Validity*

## **124. IMPACT OF COVID 19 ON THE PERCEIVED STRESS LEVELS AND QUALITY OF LIFE OF DISABILITY REHABILITATION PROFESSIONALS**

**-Thulasikanthan M & J Arthi**

### **Abstract**

Since December 2019, the world has been witnessing the most disastrous pandemic in the history of mankind. The World Health Organization (WHO) has named the disease as Corona Virus Disease 2019 (COVID-19; Wu et al., 2020) and because of its rapid spread and expansion around the world, declared this as a global pandemic (Rothan and Byrareddy, 2020). In the recent years, this infectious organism has now become one of the deadliest health, social, and economic problems worldwide (Nicola et al., 2020) and has been a major impact on people of all walks of life. The professionals of disability rehabilitation are found to be one of the most vulnerable populations because of the nature of job and essentiality of their services. Understanding their diversified experiences and psychological status can help in developing a more robust task force for future. With this background, the current study was conducted in the month of July 2021 to understand the perceived stress levels of disability rehabilitation professionals due to the current COVID pandemic and their quality of life. A online survey Questionnaire comprising items on the above aspects was circulated through whatsapp/email and the respondents were also requested to provide information regarding their current life style, sleep cycle, working environment, physical and mental fitness practices. A total of 100 professionals participated voluntarily and their responses recorded through Google form. The collected data was statistically analysed and the results indicate significant correlation among perceived stress levels and quality of life in terms of their physical, mental and social health. The study further describes the impact of other pertinent demographic variables on perceived stress levels and well being of rehabilitation professionals.

*Key words : disability rehabilitation, perceived stress, quality of life, well-being*

## 125. ONLINE WELL-BEING INTERVENTION AMONG ADOLESCENTS WITH PSYCHIATRIC DISORDERS

-Ahil N, Uma Hirisave & Seema M

### Abstract

Well-being intervention focuses on building the best qualities than just repairing the worst things. The review of literature indicates several western studies on Well-Being Intervention for adolescents in school setting. But researches in clinical setting are scarce. In India, studies on well-being are mainly exploratory in nature. Intervention studies focusing on well-being among adolescents in clinical setting is limited. The current paper highlights online well-being intervention carried out among adolescents with emotional problem during the pandemic time. To identify the effect of online Well-Being intervention among adolescents attending follow up services in Child and adolescent out-patient psychiatric setting. The study design is case study design. Sample consists of 2 adolescents attending NIMHANS CAP OPD for follow-up. After obtaining consent from parents and assent from adolescents, tools were administered (Clinical Global Impression-CGI, Children's Global Assessment Scale- CGAS, Sterling Children's Well-Being Scale - SCWBS, California Healthy Kids Survey-internal protective factors) and 8 one-hour sessions of well-being intervention based on Well-being therapy for children and adolescents with emotional and behavioral disturbance (Albieri et al, 2009) was provided online once in a week. The results of the study indicate improvement in domains of well-being and internal resources of the adolescent. The discussion will highlight therapist's challenges and reflection in conducting the online intervention. There is an improvement in the well-being among adolescents with psychological disorder through online well-being intervention.

*Keywords: Well-being among Adolescents, Well-being therapy, Well-being in India*

## 126. PSYCHOLOGICAL WELLBEING AMONG THIRD AGE DURING COVID-19

-Swati Jain & Priya Choudhary

### Abstract

Corona is a major pandemic for the entire world at present. In the present situation, humankind is terrified because of the disturbing circumstances of the ongoing pandemic of covid 19. It affects all types of age groups, especially third age groups i.e., elderly people. Elderly people are the major victim of this outbreak. The malady brought by the new virus COVID -19 where elderly people are more vulnerable to this extreme disease. Research data in studies yielded that elderly person and grown-up 60's and individuals with prior ailments, particularly coronary illness, lung malady, diabetes have more chance than other age groups. Ageing is a natural phenomenon where already there are various changes in the human body. As long as consideration is not taken, the elderly as a group will face serious consequences for their physiological and behavioural well-being. It is a review article where paper from different databases were analysed .The result of the study found that covid -19 have impact on elderly on every aspect of their life such as economic well-being, psychological wellbeing, physical health. Now during this covid -19 pandemic, the cognitive functioning of the aged people is more affected. The current paper reviews the covid 19 effects on psychological wellbeing of elderly people and find the strategies how to cope with this pandemic. Based on the available scientific evidence, it was concluded that coping plays a very important role to deal with psychological wellbeing issues.

*Keywords: Psychological wellbeing, Elderly people, Covid -19, Coping*



## 127. NEGATIVE AFFECT TEMPERAMENT IN RELATION TO EMOTIONAL INTELLIGENCE, GENDER AND BIRTH ORDER

-Jangjeet & C P Khokhar

### Abstract

**Objective-** The study examines the negative affect (temperament) in relation to emotional intelligence, gender and birth order among young adults.

**Methodology-** 472 young adults were chosen as a total sample from adjoining districts of Haryana and Uttarakhand (India). The study is based on the responses of 240 young adults who were chosen according to research paradigm. The young adults who are 18 to 22 year have been draw from Haryana (Kurukshetra, Karnal, Kaithal) and Uttarakhand (Haridwar, Dehradun). The selected sample adopted ex-post facto experiment the Trivariate (2x2x2) factorial design. For gender and birth order used demographic sheet, and Adult Temperament Questionnaire (ATQ), (Evans & Rothbart, 2007), SREIT- Self Report Emotional Intelligence Test (Schutte et al, 1998) used as psychological measures. **Results-** ANOVA summary results show the main effects of Emotional Intelligence. Gender x Birth Order bivariate interaction and Emotional Intelligence x Gender x Birth Order Trivariate interaction shows significant effect. In t-test results show High Emotional Intelligence (Female): First Born > Last Born, High Emotional Intelligence (First Born): Male < Female, Female (High Emotional Intelligence): First Born > Last Born, Female (Last Born): High Emotional Intelligence < Low Emotional intelligence.

**Conclusion-** Female are play an important role in negative affect of temperament among young adults. **Limitations-** this paper cover limited area for generalization.

**Keywords-** *Negative Affects, Gender, Birth Order and Emotional Intelligence*

## 128. SOCIAL ADJUSTMENT AND PSYCHOLOGICAL WELLBEING AMONG ADOLESCENT ORPHANS

-Patteswari D, Rajesh R & Rithivik S K

### Abstract

This review is to understand the Social Adjustment and Psychological wellbeing among adolescent orphans. Orphans and the other vulnerable children and adolescents living in institutional homes are more prone to behavioural and emotional problems than others as they are deprived of a family's love and care. The absence of parental support, affection, attachment, poor mental health, depression, low self-efficacy, social adjustment, and low self-esteem play a significant role in developing risk-behaviour among adolescents. Social adjustment and psychological wellbeing playing an important role in adolescents. Ryff's model Psychological well-being theory states that the goal of life is about living virtuously instead of just feeling good. Research Studies have shown that orphan children and adolescents had low psychological well-being and low social adjustment. In general, Orphans seem socially deprived and they tend to encounter higher emotional distress, hopelessness, depressive and anger than non-orphan adolescents. Today even a normal person cannot adjust fully with the various life situations. The problem is very acute in the case of orphan's especially adolescent orphans. Basic needs like individual care, attention, love, warmth, feeling of security, are not adequately met in an institutional set up (Rajalekshmi, 2017). According to research evidences adolescent's living in poor conditions and poor care are also traumatic to the orphans. Orphanages are comparatively more 'unhappy' and more prone to depression than Non-orphan (Mostafaei et al. 2012) as they lack parental love, support and have less-effective role models, which inadvertently develop into adjustment difficulties and other psychosocial behavior problems. Adolescents have always been an important focus of study for mental health researchers. Social adjustment and psychological wellbeing has emerged as a priority study area with reference to adolescents (Patel and Prince, 2010). The orphans not only had unmet basic needs, but also had evidently increased internalizing problems, thus their long-term mental health would be in jeopardy. There is an urgent need to expand and improve current intervention programs not only to meet the basic needs but also to include psychosocial support, counseling services for the orphans, and training for their carers.

*Keywords: Adolescent Orphan, Social Adjustment and Psychological wellbeing*

## **129. SELF-ESTEEM, RESILIENCE AND FATHER INVOLVEMENT: A GENDER BASED COMPARISON IN COLLEGE STUDENTS**

-Heena Y & Monica S

### **Abstract**

Father involvement, Self-esteem and resilience are considered as the important aspect of individual's development and psychological functioning during adolescent. Father involvement is defined as men's positive and active participation in their child's lives. Self-Esteem is an overall evaluation of one's worth or value. Resilience is perceived as to adaptation process to normal life pace. This study aims to investigate the difference if any on Self-esteem, Resilience and Father Involvement among college students. The participants consisted of 30 Boys and 30 girls (N=60) of age 18-23 years .Data was collected using Self-Esteem scale by Rosenberg (1965) , Brief resilience scale by Smith et.al(2008) and Father involvement scale by Finley and Schwartz(2004). With the help of t test for independent group, the result indicate that there was no significant difference in Self-Esteem ( $t= 0.973$ ,  $p= 0.336$ ) and father involvement, reported FI ( $t= 0.63$ ,  $P= 0.53$ ) and desired FI ( $t= 1.66$ ,  $p= 0.10$ ) of boys and girls. And there is significant difference in resilience of boys and girls, ( $t=3.09$ ,  $p= 0.003$ ).That is, the resilience of boys ( $M= 19.833$ ,  $SD= 2.0014$ ) is greater than girls ( $M=17.400$ ,  $SD= 2.772$ ). It is concluded that boys are more resilient than girls.

*Keywords-Self-Esteem, Resilience, Father Involvement*

### **130. COVID-19 PANDEMIC AND STUDENT'S LIFE: EXCESSIVE USE OF TECHNOLOGY IMPACTING STUDENT'S MENTAL WELL-BEING.**

-Nantu S & Rupa T

#### **Abstract**

COVID-19 pandemic is a blessing or curse to mankind, this can be an interesting debate topic but if we think of general mental health, it has impacted greatly on students general mental well-being. The 'new normal' of COVID-19 pandemic has brought significant changes in effective parenting, healthy relationship, peer interaction among teens and that has caused a considerable degree of psychological impacts like stress, anxiety, loneliness, depression etc.

This pandemic has made our life more technology driven and the by-product of which is less human connection. The new model of work from home or online classes have significantly absorbed quality family time. Students have changed their 'me' time to 'technology' time. Virtual reality has replaced social learning. The more 'white screen' time is minimizing the emotional exchange, the main ingredient of happy family life and child growth. The screen selection time has become a key factor and the empathetic leadership of parents is in great need.

In this paper, we shall attempt to identify the mental health conditions among students ( age group ranges from 6-18 years). This study is based on the counseling processes which have been conducted at our counselling center (Mind's Eye, Kolkata) over 50 students with different age groups along with their parents.

We have used graphology, Thematic Apperception Test (TAT), Draw-A-Person (DAP) test and scribble analysis as tools to measure their mental health status. This study focuses on the degree of impact of COVID-19 pandemic on child and adolescent and it can help, in the long run, to implement some psychological improvement strategies for both child and parent to achieve improved mental health status.

*Keywords: COVID-19, effective parenting, empathetic leadership, screen selection, social learning*

## **131. A STUDY OF HEALTH AWARENESS AND BUILDING RESILIENCE AND INCLUSIVENESS**

-R.S. Mani

### **Abstract**

Mental health has been defined by World Health Organization as a level of cognitive or emotional well being and an absence of any mental disorders. It is a state of well being in which individuals realize their own abilities and can cope with the normal stressors in life, can work productively and are able to contribute to the community (Kaur and Bashir, 2016). Health is observed from different perspectives such as evolutionary, life long, developmental, ecological. From among several diseases covid-19, Mucor mycosis are focussed in the study as health awareness building resilience is important for students, teachers and public. However, it may not have any relationship with inclusiveness. Health awareness of teacher trainees and higher secondary students in 1999-2000 was found that teacher trainees as well as students showed good health awareness (Mani, R.S. 2000). The present study purports to study health awareness, resilient behaviour. It involved a survey and case study. Questionnaire for teacher trainees were developed by the investigator. Workshop schedule is being worked out. It is planned to develop a covid-19 kit and development of messages. In this context, Bangalore Bruhat Mahanagar Palike volunteer was interviewed to assess and counsel the people in home isolation for counselling and giving emotional support. Volunteer worked every day online for 3 to 4 hours from last week of March 2021 to July 2021. Totally in the scheme 60 volunteers are present. The volunteer counselled 2000 people during the period. It reveals that people need necessary help to know about disease/s, quarantine, medicine, and physicians to contact for consultation or certification. There seems to be satisfaction among participants and it has provided emotional support for resilience to the covid-19.

A study of health awareness and building resilience and inclusiveness. The data collected will be content analysed and techniques like percentage analysis, chi-square and correlation will be used for this study.

*Key words: Health awareness, Resilience, Inclusiveness*

## 132. STRESS, ANXIETY AND BURNOUT AMONG EDUCATORS DURING COVID-19 PANDEMIC

- Swati P & Anugraha M R

### Abstract

The COVID-19 pandemic has affected individuals in different manners and the same can be said for the educators. They had to equip themselves for the changed scenario of online teaching. It posed many challenges to them such as acquainting with technology, adjusting to work from home routine, managing time, resources, family and other responsibilities in the midst of pandemic. The present study intended to assess the relationship among stress, anxiety and burnout among educators based in Delhi-NCR region during the COVID-19 pandemic. A total of 77 educators participated in the study through a web-based survey. They were assessed using Perceived Stress Scale, Generalized Anxiety Disorder-7 and Maslach's Burnout Inventory. The correlational analysis revealed that a significant positive relationship between stress and anxiety, stress and emotional exhaustion. It further showed a significant inverse relationship between stress and personal accomplishment. With respect to the relationship between aspects of burnout and anxiety, the results revealed that two aspects of burnout, i.e. depersonalization and emotional exhaustion showed positive correlation with anxiety. The findings have specific applications in designing interventions for online educators.

*Key words: Stress, Anxiety, Burnout, Educators, COVID-19*

### 133. SOLITUDE AS A PREDICTOR OF GRIT AMONG YOUNG ADULTS

- Jattley & Ashwini

#### Abstract

High need to belong and high proneness to boredom is making Young Adults addicted to smartphone usage. Smartphone in everyday life negatively affects self-insight and self-realizations. The present study examined the relationship between Solitude and Grit among Young Adults. With convenient sampling, a total number of 473 Young Adults between 18 and 25 years of age were selected. The scales Motivation for Solitude Scale- Short Form and Grit Scale were administered using survey method via Google form. Pearson's correlation analysis and regression analysis revealed that there is a weak positive correlation between Self-Determined Solitude and Grit among the Young Adults and Solitude is one of the predictors of Grit. Self-Determined Solitude particularly for students, who are addicted to social media, can promote insight about their future goals and thrive towards it.

*Keywords: Solitude, Motivation, Grit, Regression, Young Adults .*

## **134. QUALITY SELF TIME, SELF-CRITICISM/SELF-REASSURANCE AND WELL BEING AMONG YOUNG ADULTS**

- Sudha R & S Gayatridevi

### **Abstract**

The pandemic has brought great amount of suffering and loss to many people around the world. Precious lives and livelihoods have been lost, health and well being lost, stress and worry have dominated our thinking. Self Reassurance helps to create a sense of well being amidst the anxiety ridden pandemic phase. Many people try to turn inwards and spend time with oneself in an attempt to overcome and manage the stress of daily life. The concept of "ME time" has been operationally named as "Quality Self Time" here. This paper attempts to find the psychological manifestations of Quality Self time on Self Criticism/Self Reassurance and Well being among young adults. One hundred and fifty young adults, aged between 18 to 27 years were selected using random sampling technique. The Forms of Self-Criticizing/Attacking and Self-Reassuring Scale (FSCRS) (Gilbert, 2004) and WHO Well being Index (WHO 5, 1998) were used to measure Self Criticism/Self Reassurance and Well being respectively. The Quality Self time was measured using questionnaire and an interview schedule designed by the authors. Results revealed that the young adults who spent more time for themselves had higher levels of Self Reassurance and Well being.. There was no significant difference in Self- Criticism/Self-Reassurance and Well being with regard to Gender.

*Keywords: Quality Self Time, Self-Criticism, Self-Reassurance, Well being*



## **135. A QUALITATIVE STUDY OF THE RELATIONSHIP BETWEEN PERCEIVED STRESS AND PRIMAL WORLD BELIEFS IN WOMEN POPULATION OF URBAN NEIGHBOURHOODS DURING CORONA PANDEMIC**

- Sushmitha S & Preevi G

### **Abstract**

Many research studies have studied self-beliefs and beliefs about future. There are less studies adopting an ecological approach and analyzing the influence of one's world beliefs on one's emotions and behaviour. The pandemic tends to increase perceived stress which has been analyzed in varied cultures. Uncertain and constantly changing world may cause stress and alterations in the world beliefs.

**Methodology:** This was a qualitative study exploring the relationship between perceived stress and primal world beliefs. The 6 primal world beliefs investigated included: Progressing vs. Declining, Regenerative Vs. Degenerative, Changing vs. Static, Just Vs. Unjust, Harmless vs. Dangerous, and Meaningful vs. Meaningless. Case study method was utilized on a purposive sample of 7 women from different age groups to find recurrent themes using thematic analysis.

The sample inclusion criteria included resident citizens of India, women who lie in the age range of 20 to 80 years, who do not suffer from any psychological illness and who have experienced the corona pandemic while living in urban neighbourhoods. The data was collected using observation as well as in-depth interviews.

**Results:** There is a positive correlation between perceived stress and negative primal world beliefs. There is more prevalence of 6 primals: declining, degenerative, changing, unjust, dangerous, and meaningful because of the corona pandemic. There is a positive correlation between perceived stress experienced by individuals of varied age groups. There is no significant variation in the primal world beliefs in varied age groups.

*Key words: perceived stress, primal world beliefs, women, corona pandemic, case studies*

## 136. EXPLORING THE NATURE OF RESILIENCE AND HOPE AMONG TEACHERS CREATING INNOVATIVE CLASSROOM ENVIRONMENTS DURING COVID 19 PANDEMIC

- Vanathi Ilangovan & C. V. Sindhuja

### Abstract

The objective of this study was to investigate the associations between resilience, hope and perception towards synchronous online teaching among school teachers during the COVID-19 pandemic. Although resilience and hope have been highly researched in the context of school students over the decades, similar research among academicians and teachers remain relatively under-explored. The current study aspires to contribute to the understanding of such factors that enable teachers to develop and sustain resilience and hope in their professional lives especially under the weight of adverse and unprecedented situations. The study also aspires to be of interest to training and developmental organizations and policy makers at schools who work towards improving the quality and standard of educators.

The study was undertaken to check the nature of adaptability in high school teachers during COVID 19 pandemic by specifically studying the factors of resilience and hope among them. Under the limiting circumstances of the pandemic, a survey-based questionnaire method was followed. The tools used for the study were (a) Academic Resilience Scale ARS- 30 (Cassidy, 2016), and (b) the Adult State Hope Scale (Snyder et al., 1996). Through a survey designed using Google Form, we received 97 responses in total, out of which 83 teachers were women and 14 teachers were men. Teachers responded from tier 1 and 2 metro cities across India. They belonged to 3 different educational boards currently prevalent across India – Central (CBSC/ISCE), State and International Boards (IGCSE/IB).

The results of study revealed that there is significant negative association between dimensions of academic resilience namely perseverance, reflecting and adaptive help seeking with the dimensions of hope among teachers. Further, we found that there is a significant positive association between the negative affect and emotional response dimension of academic resilience with hope. The results indicate that teachers are facing difficulty to disseminate curriculum objectives, creating online classroom environment, seeking support and adopt to new pedagogy approach.

Further the study indicates that there is no significant difference in perceiving academic resilience and hope with respect to gender, type of subject taught and years of teaching experience.

*Keywords: resilience, hope, COVID-19 pandemic,  
teacher's survey, online teaching*

## 137. EFFECTS OF YOGA ON ANXIETY IN WOMEN

- T Upendra

### Abstract

In this modern Era, Anxiety has become an integral part of human life. Today women are Constantly under stress /Anxiety to balance between home and work-place .Yoga aims at an Integrated & harmonious development of all the potentialities of man. However, to put Yoga on a firm scientific pedestal, we planned to undertake a study of Yoga (including Breathing Technics) on anxiety score in "Yoga Practitioner" and "Non-Yoga practitioners". The Beck's Anxiety scale was used to evaluate anxiety levels among women .Our study showed a Statistically significant difference in total anxiety score .We conclude that, regular practice of Yoga in day to day life, reduces anxiety levels in women and improved subjective feeling of Wellbeing to popularize yoga among all women.

*Key words: Anxiety/Stress, Yoga & breathing methods, scale, wellbeing.*

## **138. A STUDY ON THE IMPACT OF RELIGIOSITY, PERCEIVED STRESS AND HEALTH ANXIETY ON URBAN INDIAN ADULTS DURING COVID - 19 PANDEMIC WITH RESPECT TO SOCIO DEMOGRAPHIC DATA**

- Y D Swathi

### **Abstract**

The study consists of three dependent variables namely religiosity, perceived stress and health anxiety. The independent variables are age, gender and educational qualification. The study was conducted on Indian urban population during the second wave of Covid 19 pandemic. The sample size was 111 consisting of 71 male and 40 female participants. The data was collected using Google forms and the participants had to fill three questionnaires namely the Centrality of Religiosity Scale 5(CRS 5), the Perceived Stress Scale (Covid 19 version)(PSS-C) and the 18 item Short Health Anxiety Inventory (SHAI 18). The statistical tests namely the Independent t test, Pearson's correlation test and three –way ANOVA were used to analyze the data. The results of the Independent t test showed that there is significant difference in the impact of religiosity on educational qualification of the participants. No other significant results were found apart from this. The results of Pearson's correlation test showed that there is significant correlation between perceived stress and health anxiety with respect to age and gender but no significant results found with respect to religiosity. The three-way ANOVA didn't show any significant relationship between the independent variables and the dependent variables.

*Keywords: religiosity, perceived stress, health anxiety, socio demographic data, pandemic*

## **139. A COMPARATIVE STUDY ON EMOTIONAL INTELLIGENCE AND COGNITIVE SKILLS OF ADOLESCENTS**

- Varsha A, Malagi & Triveni S

### **Abstract**

The ability to monitor your own emotions or those of others is emotional intelligence. Failure to understand emotionally can lead in life to various disruptions. A comparison of emotional intelligence and adolescent's mental health has been made in this study. This study looks at the function of protective mental health of strong emotional intelligence (EI) and cognitive skills (CS) in teenagers exposed to stressful events of life & violence. It investigates how stressful the events of life and violent encounters affect mental health as evaluated by symptoms of depressive & psychological distress, as well as whether "EI" and "CS" can operate as mediator's b/w violence, stress and issues related to mental health. One hundred literature articles, 24 of which were selected to check for authentication and significance in this analysis, and were examined to analyze this aspect. All the literature papers were chosen from well-known indexed articles in databases. (emerald, SAGE journal). In this study, we are applying the forward and backward snowballing methods. This study aimed to see if resilience acts as an intermediate in the association b/w perceived EI and adolescent satisfaction related to Life.

*Keywords: Emotional intelligence (EI), Stress, Cognitive skills, Executive function, Adolescence.*

## 140. EFFECTS OF PARENTING STYLES ON PERSONAL GROWTH AND SELF-ESTEEM AMONG ADOLESCENTS

- Nisha K R & Maheshbabu N

### Abstract

The parenting style implied in rearing the child is likely to impact their future success that has been found to predict the child's well-being in the domains of social competence, academic performance, behaviour, self-worth, psychosocial and personal development. The amount of affection, acceptance, and warmth offered by the parents acts as a major support by facilitating a child on whole development. The present study aims to acknowledge the effects of parenting styles on personal growth and self-esteem in gender among adolescents. The study carried out 2 x 2 Factorial research design. Quantitative data method was used for data collection. The sample of the study consisted of 80 participants which included 40 males and 40 females whose age range falls between 18 – 24 years. Purposive sampling method was used to collect the sample. The tools used for the study were 'Parenting Authority Questionnaire" (PAQ) scale developed by John. R Buri (1971), 'Personal Growth Initiative Scale' (PGIS-II) developed by Dr. Christine Robitschek (2008) and 'Rosenberg self-esteem scale' developed by the sociologist Morris Rosenberg (1965). The obtained results were analysed using Multiple Regression Analysis, Independent t-test and Karl Pearson's Co- efficient of Correlation. Findings of the study revealed that despite of gender differences parenting styles such as authoritative and permissive has no significant effect on the personal growth and self-esteem, however, authoritarian parenting style has significant effect on self- esteem among females of adolescents but not in males of adolescents. Also, authoritarian parenting style has no significant effect on personal growth of males and females among adolescents.

*Keywords: Parenting styles, Personal growth, Self-esteem, Adolescents*

## 141. THE IMPACT OF INTERNET ADDICTION ON SLEEP QUALITY AMONG COLLEGE STUDENTS DURING COVID-PANDEMIC

-Pruthvi D

### Abstract

During this covid pandemic, excessive internet usage often led to later bedtimes and poor sleep quality among students. Internet addiction is when a person has a compulsive need to spend a great deal of time on the Internet, to the point where other areas of life (such as relationships, work or health) are allowed to suffer.

Sleep quality is defined as one's satisfaction of the sleep experience, integrating aspects of sleep initiation, sleep maintenance, sleep quantity and refreshment upon awakening. The present study was conducted to examine the relationship between Internet addiction and Sleep quality among College students, to know the impact of Internet addiction on Sleep quality among College students and to know the level of difference of Internet addiction and Sleep quality among Rural and Urban College students during covid pandemic. The sample chosen were College students through purposive sampling method and the sample size is 63 (Rural=31, Urban=32). The tools used to collect data were Internet addiction test by Dr. Young and Pittsburgh sleep quality index by Daniel J Buysse, M.D. The data was analyzed using SPSS software with correlational analysis, t- test and one-way-anova. The expected results are that there is significant relationship between internet addiction and sleep quality among college students, there is significant impact of internet addiction on sleep quality among college students and there is no level of difference in internet addiction and sleep quality among rural and urban College students.

*Key words: Internet addiction, Sleep quality, college students, rural and urban, covid pandemic*

## 142. SEX THERAPY COMBINING WITH CBT: UNDERSTANDING THE CONCEPTUAL BASIS FOR TREATING SEXUAL DYSFUNCTION AMONG MALE

-Mahi K & Sudha R

### Abstract

Sex Therapy when incorporated with psychology of cognitions will play a major role in improving the couple's relationship in context of their Marital adjustment among patients with Sexual Dysfunction. As one of the important aspects of marital adjustment is attainment of mutual sexual gratification. The purpose of the present study is to study the effectiveness of sex therapy patients on marital adjustment. This chapter would suggest that sex therapy given by Master and Johnson (1970) treatment results in improved efficacy of the marital satisfaction and creates a positive love attitude towards each other in a dyadic relationship and sexual gratification.

This study would help in providing an understanding of challenges faced by patients with sexual dysfunction of any kind. Treatment suggests moving beyond traditional postures and paradigms and to work with, rather than in opposition to, or independent of, medical providers. Sex therapy, if proven useful, may be one answer to challenge to develop fresh and innovative treatments for sexual dysfunctions and improves the marital adjustment in the couples. In the future, pharmaceutical interventions for sexual dysfunction i.e., PE would likely be improved in combination with psychological therapies such as CBT and sex therapy. This chapter hopefully evolve and become the future standard of care for treating male sexual dysfunction with the help of sex therapy measures.

*Keywords: sex therapy, erectile dysfunction, cognitive therapy, sexual dysfunction, male.*



## 143. RESILIENCE AS A MODERATING VARIABLE BETWEEN EMOTIONAL REGULATION AND PROCRASTINATION

-Suparna S & Varsha M

### Abstract

Procrastination is a behaviour mainly stemming from regulatory failure affecting people across various domains. While Emotional regulation is an effective strategy that uses cognitive reappraisal and expressive suppression to deal with procrastination. Resilience is the ability to withstand adversity and maintain wellbeing and positive interpersonal relationships. The study aims to understand if resilience plays a factor in strengthening the role of emotional regulation in decreasing procrastination. 80 participants were selected based on four IT job roles through snowball sampling. Lay's General Procrastination scale, Emotional regulation questionnaire (Emotion Regulation Questionnaire and resilience assessment quotient was assessed across the participants. The responses were analysed through moderator analysis using a multiple regression model for the continuous moderating variables. The results of the study indicate that resilience acts as a moderating variable strengthening the negative relationship between cognitive reappraisal and procrastination. While it doesn't play a significant moderating role between expressive suppression and procrastination. Further, the study implies that organisations could build an educational framework on building resilience on the cognitive reappraisal to boost productive outcomes.

*Keywords: Emotional regulation, IT professionals, procrastination, resilience*

## 144. SILVER LINING AND COGNITIVE EMOTION REGULATION: A STUDY AMONG COVID WARRIORS

-Sneha N, Shefali B, Kashish G & Navya K

### Abstract

The objective of the study was to find the difference in the Cognitive Emotion Regulation of COVID Warriors with high and low Silver Lining. Participants were assessed on silver lining and dimensions of cognitive emotion regulation (self-blame, acceptance, rumination, positive refocusing, refocus on planning, positive reappraisal, putting into perspective, catastrophizing & blaming others). To determine the aforementioned dimensions, the Silver Lining Questionnaire, developed by Samantha Sodergren & Michael Hyland in 1997 and the Cognitive Emotion Regulation Questionnaire (CERQ), developed by Nadia Garnefski, Vivian Kraaij & Philip Spinhoven in 2001 were used. A representative sample of 155 married and employed adults within the age group of 30-50, who tested positive for COVID-19 and never hospitalized but were home quarantined, participated. The findings suggested that the people who were high on silver lining significantly differed in Cognitive Emotion Regulation from the people who were low on silver lining on self-blame ( $t = -11.319$ ), acceptance ( $t = -7.353$ ), rumination ( $t = -3.467$ ), positive refocusing ( $t = 6.332$ ), refocus on planning ( $t = 6.956$ ), positive reappraisal ( $t = 6.835$ ), putting into perspective ( $t = 5.109$ ), catastrophizing ( $t = -9.821$ ) and blaming others ( $t = -16.409$ ) at significance level of 0.01. The study will help in understanding adaptive and maladaptive strategies of Emotion Regulation and how individuals with high and low silver lining differ on them. This study will contribute to future researches and application of strategies for regulating one's cognition and emotion to achieve positivity in life.

**KEY WORDS:** *self-blame, acceptance, rumination, positive refocusing, refocus on planning, positive reappraisal, putting into perspective, catastrophizing, blaming others, silver lining, cognitive emotion regulation.*

## 145. WELL-BEING AMONG ATHLETES AND NON-ATHLETES

-Radhika D C & Navyashree

### Abstract

Well-being plays a prominent role in Athletes and Non-athletes as they strive hard in practicing rigorously to perform well and succeed in their tasks. This can be accomplished when physical and mental well-being aids in facilitating Athletes and Non-athletes to reach their goals successfully, with minimal differences between Athletes and Non-athletes. The present study aims to understand the Well-being among male and female Athletes and Non-athletes. The study adopted 2x2 factorial research design. Quantitative data collection method was used. The sample for the study consisted of 60 participants out of which 30 athletes and 30 non-athletes comprising of 15 males and 15 females in both athletes and non-athletes, respectively with the age ranging from 18-30 years. The sample was selected using purposive sampling method. The tool used for the study was Psychological Well-being Scale by Carol D. Ryff (1995), the shortened version. The data was analysed using Two-way ANOVA as the data represented normal distribution. The result revealed that there is no significant difference and interaction effect of Well-being among male and female Athletes and Non-athletes. This implies that, though well-being is an essential aspect in practicing and performing any sport, it does not have considerable difference and interaction effect in male and female Athletes and Non-athletes.

*Keywords: Well-being, Athletes, Non-athletes*

## "ಕೋವಿಡ್-19 ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆಯ ಕಾರೋನ ವಾರಿಯರ್‌ಗಳಾದ ಆಶಾಕಾರ್ಯಕರ್ತರ ಪಾತ್ರದ ಕುರಿತು ಅಧ್ಯಯನ"

-ಅನಿತಾ ಎ. ಕೆ & ಮಂಜುನಾಥ್ ಸ್ವಾಮಿ ಎಸ್.

ನಮಗೆಲ್ಲಾ ತಿಳಿದಂತೆ ಕೋವಿಡ್-19 ಪಿಡುಗು ವಿಶ್ವದಾದ್ಯಂತ ಹರಡಿದ್ದು ಅದನ್ನು ತಡೆಗಟ್ಟುವ ನಿಟ್ಟಿನಲ್ಲಿ ಪ್ರತಿಯೊಬ್ಬರು ಶ್ರಮವಹಿಸುತ್ತಿದ್ದಾರೆ. ಅವರನ್ನು ನಾವು ಮುಖ್ಯವಾಗಿ "ಕಾರೋನವಾರಿಯರ್ಸ್" ಎಂದು ಗುರುತಿಸಬಹುದಾಗಿದೆ. ವೈದ್ಯರು, ಸುಶೃತರು, ಸಮಾಜ ಸೇವಾ ಕಾರ್ಯಕರ್ತರು, ಅಂಗನವಾಡಿ ಕಾರ್ಯಕರ್ತರು, ಶಿಕ್ಷಕರ, ಹೀಗೆ ಎಲ್ಲರನ್ನೂ ನಾವು ಕೋರೋನ ವಾರಿಯರ್ಸ್ ಎಂದು ಹೇಳಲಾಗಿದೆ. ಇದರಲ್ಲಿ ಸಮುದಾಯದೊಂದಿಗೆ ನೇರ ಸಂಬಂಧವನ್ನು ಹೊಂದಿರುವ ಗುಂಪು ಎಂದರೆ ಅದು ಆಶಾ ಕಾರ್ಯಕರ್ತರು. ಸರ್ಕಾರ ಆಶಾ ಕಾರ್ಯಕರ್ತರು ಸಮುದಾಯದ ಆರೋಗ್ಯವನ್ನು ಕಾಪಾಡುವ ನಿಟ್ಟಿನಲ್ಲಿ ಜನಸಮುದಾಯಕ್ಕೆ ಅರಿವನ್ನು ಮೂಡಿಸುವ ಸೇವೆಗೆಂದು ನಿಯೋಜನೆಗೊಂಡವರು. ಪ್ರಸ್ತುತ ಕೋರೋನ ಸಂದರ್ಭದಲ್ಲಿ ಆಶಾ ಕಾರ್ಯಕರ್ತರು ಮುಖ್ಯವಾಗಿ ತಮಗೆ ನೀಡಿದ ವಾರ್ಡ್‌ಗಳನ್ನು ಗುರುತಿಸಿ ಪ್ರತಿ, ಮನೆ ಮನೆಗಳಿಗೆ ತಲುಪಿಸುವ ಬಗ್ಗೆ ಅರಿವು ಮೂಡಿಸುವುದರಲ್ಲಿ, ರೋಗಕ್ಕೆ ತುತ್ತಾದ ಕುಟುಂಬದವರ ಸಂಪೂರ್ಣ ಆರೈಕೆಯನ್ನು ಮಾಡಬೇಕಾಗುತ್ತದೆ. ಹೀಗೆ ಸರ್ಕಾರದ ಮಾರ್ಗಸೂಚಿಗಳನ್ನು ಜನಸಾಮಾನ್ಯರಿಗೆ ತಲುಪಿಸುವ ಜವಾಬ್ದಾರಿಯನ್ನು ಆಶಾ ಕಾರ್ಯಕರ್ತರ ಹೆಗಲಿಗೆ ಹೊರಿಸಲಾಗಿದೆ. ಇಲ್ಲಿ ನಾವು ಗಮನಿಸಬೇಕಾಗಿರುವ ಮುಖ್ಯ ಅಂಶವೆಂದರೆ ಆಶಾ ಕಾರ್ಯಕರ್ತರ ಆರ್ಥಿಕ ಮತ್ತು ಸಾಮಾಜಿಕ ಪರಿಸ್ಥಿತಿಯನ್ನು ಮುಖ್ಯವಾಗಿ ಕಡಿಮೆ ವೇತನ, ಅತಿ ಹೆಚ್ಚು ಕೆಲಸದ ಜವಾಬ್ದಾರಿ, ನಿಗದಿತ ಸಮಯವಿಲ್ಲದೆ ಇರುವುದು, ಕೆಲಸದ ಅಭದ್ರತೆ ಹೀಗೆ ಹತ್ತು ಹಲವು ಸಮಸ್ಯೆಗಳನ್ನು ಎದುರಿಸಬೇಕಾಗಿದೆ. ಇನ್ನು ಕೋವಿಡ್-19 ಸಂದರ್ಭದಲ್ಲಿ ಅಂತೂ ಅತಿ ಹೆಚ್ಚು ಆಶಾ ಕಾರ್ಯಕರ್ತರು ಒತ್ತಡಕ್ಕೆ ಸಿಲುಕಿ ಸಮಸ್ಯೆ ಅನುಭವಿಸುವುದನ್ನು ಗಮನಿಸಬಹುದು.

ಸೂಕ್ತ ಮುನ್ನೆಚ್ಚರಿಕಾ ಕ್ರಮಗಳೊಂದಿಗೆ ಆಶಾ ಕಾರ್ಯಕರ್ತರು ತಮ್ಮ ಕಾರ್ಯವನ್ನು ಯಶಸ್ವಿಗೊಳಿಸಿದರು ಮತ್ತು ಅವರ ಉದ್ಯೋಗದ ಮೇಲೆ ಎರುವ ಗೌರವ ಮತ್ತು ನಂಜಕೆಯನ್ನು ಈ ಸಂಶೋಧನೆಯ ಮೂಲಕ ತಿಳಿಯಲಾಯಿತು. ಹಾಗೆಯೇ ಈ ಸಂಶೋಧನೆಯಲ್ಲಿ ಆಶಾ ಕಾರ್ಯಕರ್ತರ ಸಮಸ್ಯೆಗಳು ಮತ್ತು ವೇತನ ತಾರತಮ್ಯಗಳ ಬಗ್ಗೆ ಕೂಲಂಕುಷವಾಗಿ ಅಧ್ಯಯನ ಮಾಡಲಾಗಿದೆ. "ಸ್ವಸ್ಥ ಆರೋಗ್ಯದಲ್ಲಿ ಸ್ವಸ್ಥ ಸಮಾಜ" ಎಂಬ ನುಡಿಯಂತೆ ಆಶಾ ಕಾರ್ಯಕರ್ತರು ಹೆಗಲರುಳು ಶ್ರಮಿಸುತ್ತಿದ್ದಾರೆ.

ಕೀಲ ಪದಗಳು: ಕೋವಿಡ್-19, ಆಶಾಕಾರ್ಯಕರ್ತೆ, ವಾರಿಯರ್ಸ್, ಅರೋಗ್ಯ.

## "ಕೋವಿಡ್- 19ರ ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ಶಿವಮೊಗ್ಗ ಜಿಲ್ಲೆಯ ರೈತರ ಮನೋನಾಮಾಜಕ ಪರಿಸ್ಥಿತಿ ಕುರಿತು ಅಧ್ಯಯನ"

-ಅರುಣ್ ಕುಮಾರ್ & ಮಂಜುನಾಥ್ ಸ್ವಾಮಿ ಎಸ್

ಭಾರತದಲ್ಲಿ ಕೃಷಿಯ ಇತಿಹಾಸ ಋಗ್ವೇದ ಕಾಲದಷ್ಟು ಹಳೆಯದು. ಇಂದು, ಭಾರತ ಕೃಷಿ ಉತ್ಪಾದನೆಯಲ್ಲಿ ವಿಶ್ವಾದ್ಯಂತ ಎರಡನೇ ಸ್ಥಾನದಲ್ಲಿದೆ. ಅರಣ್ಯ ಅಭಿವೃದ್ಧಿ, ಕೃಷಿ ಮತ್ತು ಅದಕ್ಕೆ ಸಂಬಂಧಿತ ಕ್ಷೇತ್ರಗಳಾದ ಮತ್ತು ಮೀನುಗಾರಿಕೆ ಇವು 2013 ರಲ್ಲಿ ಜಿಡಿಪಿಯ (ಒಟ್ಟು ದೇಶೀಯ ಉತ್ಪನ್ನ) 13.7% ರಷ್ಟು ಇತ್ತು. ದುಡಿಮೆಯ ಕಾರ್ಯಪಡೆಯ ವೈಕಿ ಸುಮಾರು 50% ರಷ್ಟು ಕೃಷಿಯಲ್ಲಿ ತೊಡಗಿದೆ. ಭಾರತ ದೇಶದ ವಿಶಾಲವಾದ ಆರ್ಥಿಕ ಬೆಳವಣಿಗೆಯ ಹೋಲಿಕೆಯಲ್ಲಿ ಜಿಡಿಪಿಗೆ ಕೃಷಿಯ ಆರ್ಥಿಕ ಕೊಡುಗೆ ಸ್ಥಿರವಾಗಿ ಇಳಿಯುತ್ತಿದೆ. ಆದರೆ ಇನ್ನೂ, ಕೃಷಿಯು ಜನಸಂಖ್ಯೆಯ ವಿಶಾಲವಾದ ಆರ್ಥಿಕ ವಲಯವಾಗಿದೆ ಮತ್ತು ಭಾರತದ ಒಟ್ಟಾರೆ ಸಾಮಾಜಿಕ-ಆರ್ಥಿಕ ವಲಯದಲ್ಲಿ ಮಹತ್ವದ ಪಾತ್ರ ವಹಿಸುತ್ತದೆ. ಭಾರತದಲ್ಲಿ ಡಿಸೆಂಬರ್ 2019 ರಿಂದ ಹರಡಿದ ಕೊರೋನಾವೈರಸ್ ಸೋಂಕು ಕೃಷಿಯ ಮೇಲೆ ಕೆಟ್ಟ ಪರಿಣಾಮ ಬೀರಿದೆ. ಸೋಂಕು ಹರಡದಂತೆ ತಡೆಯಲು ಲಾಕ್‌ಡೌನ್ ಹೇರಲಾಯಿತು. ಇದರಿಂದ ಭಾರತದ ಆತ್ಮ ವೆನಿಸಿದ ಗ್ರಾಮೀಣ ಪ್ರದೇಶಗಳು ಅಕ್ಷರಶಃ ನಲುಗಿವೆ. ಭಾರತದ ಗ್ರಾಮೀಣ ಪ್ರದೇಶಗಳಲ್ಲಿ 2019-2020ರಲ್ಲಿ ಕೊರೋನಾವೈರಸ್ ಸೋಂಕು ಹರಡಿಲ್ಲ. ಆದರೆ ನಗರ ಪ್ರದೇಶಗಳಿಗೆ ವಲಸೆ ಹೋಗಿದ್ದ ಕೂಲಿಗಳಿಗೆ ಇದ್ದಕ್ಕಿದ್ದಂತೆ ಸಂಪಾದನೆ ನಿಂತು ಹೋಯಿತು. ಅವರ ಬದುಕು ದುಸ್ತರವಾಯಿತು. ಹೆಚ್ಚಿನ ಉಳಿದು ಬೇಸಾಯದ ಚಟುವಟಿಕೆಗಳಲ್ಲಿ ತೊಡಗಿಸಿಕೊಂಡಿದ್ದವರು 2020ರ ಕೊರೋನಾವೈರಸ್ ಸೋಂಕು ಬೆಳವಣಿಗೆಯಿಂದ ಕಂಗಾಲಾಗಿದ್ದಾರೆ. ಬೆಳೆದ ಹಣ್ಣು, ತರಕಾರಿಗಳನ್ನು ಸಕಾಲಕ್ಕೆ ಮಾರುಕಟ್ಟೆಗೆ ತಲುಪಿಸಲು ಸಾಧ್ಯವಾಗಿಲ್ಲ. ತಮ್ಮ ಕೃಷಿ ಉತ್ಪನ್ನಗಳನ್ನು ಅನಿವಾರ್ಯವಾಗಿ ಹಸುಗಳಿಗೆ ತಿನ್ನಿಸುತ್ತಿದ್ದಾರೆ. ಅದಕ್ಕೂ ಹೆಚ್ಚಾದನ್ನು ಬೆಲುತ್ತಿದ್ದಾರೆ, ಬೆಳೆದ ಬೆಳೆಯನ್ನು ಕೊಯ್ಯಲು ಕೂಲಿಕಾರರಿಲ್ಲ. ಹೊಸದಾಗಿ ಜಿತ್ತಿ ಬೆಳೆಯಲೂ ಕೆಲಸಮಾಡಲೂ ಕೆಲಸಗಾರರಿಲ್ಲ. ಲಾಕ್‌ಡೌನ್ ನಂತರ ಅವರು ತಮ್ಮ ಮನೆಗಳಿಗೆ ಹೊರಟು ದಾರಿಯಲ್ಲಿ ಲಕ್ಷಾಂತರ ಜನ ಕೃಷಿಕಾರ್ಮಿಕರು ಸಿಲುಕಿಕೊಂಡಿದ್ದಾರೆ. ಅವರ ರಕ್ಷಣೆಯೂ ಆಗಬೇಕಿದೆ.

ಕೀ ಪದಗಳು: ಕೋವಿಡ್-19, ಕೃಷಿ, ಅರೋಗ್ಯ, ಸಾಮಾಜಿಕ-ಆರ್ಥಿಕ,

## ಕೋವಿಡ್-19 ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯಿಂದ ಉಂಟಾದ ಮನೋಸಾಮಾಜಿಕ ಪರಿಣಾಮದ ಒಂದು ಅಧ್ಯಯನ.

-ಭಾರ್ಗವಿ ಹೆಚ್ & ಸುವರ್ಣಲ ಅಂಬೇಕರ್

"ಕೋವಿಡ್-19" ಪಿಡುಗೂ ಕೇವಲ ಭಾರತವಲ್ಲದೆ ವಿವಿಧ ದೇಶಗಳಿಗೆ ಹರಡಿರುವಂತಹ ಒಂದು ದೊಡ್ಡ ಸಾಂಕ್ರಾಮಿಕ ಪಿಡುಗಾಗಿದೆ ಇದರ ಪರಿಣಾಮದಿಂದಾಗಿ ಜನರು ಹೆಚ್ಚು ಸಾಮಾಜಿಕ ಮಾನಸಿಕ ಹಾಗೂ ದೈಹಿಕವಾಗಿ ಸಮಸ್ಯೆಗಳಿಗೆ ಒಳಗಾಗಿದ್ದಾರೆ. ಹಾಗೆಯೇ ಮುಖ್ಯವಾಗಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯಲ್ಲಿ ತಮ್ಮನ್ನು ತೊಡಗಿಸಿಕೊಂಡಿದ್ದಾರೆ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಆನ್‌ಲೈನ್ ತರಗತಿಗಳು ಇರುವುದಲ್ಲದೆ ಆನ್‌ಲೈನ್ ಗೇಮ್‌ಗಳು, ಸಾಮಾಜಿಕ ಜಾಲತಾಣಗಳಲ್ಲಿ ಅತೀ ಹೆಚ್ಚು ಸಮಯವನ್ನು ಕಳೆಯುತ್ತಿದ್ದಾರೆ. ಆದ್ದರಿಂದ ಕೋವಿಡ್-19 ಪಿಡುಗಿನ ಲಾಕ್ಡೌನ್ ಸಂದರ್ಭದಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳ ಸ್ಮಾರ್ಟ್ ಫೋನ್ ಬಳಕೆ ಮತ್ತು ಅವರ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯಿಂದ ದಿನಚರಿಯಲ್ಲಿ ಉಂಟಾದ ಬದಲಾವಣೆಗಳನ್ನು ಮತ್ತು ಅವರು ಅನುಭವಿಸುವಂತಹ ವಿವಿಧ ದೈಹಿಕ, ಮಾನಸಿಕ ಹಾಗೂ ಶೈಕ್ಷಣಿಕ ಸಮಸ್ಯೆಗಳನ್ನು ತಿಳಿಯಲು ಈ ಅಧ್ಯಯನವನ್ನು ಕೈಗೊಂಡು ಸಂಶೋಧನೆಯನ್ನು ಮಾಡಲಾಗಿದೆ. ಕೋವಿಡ್-19 ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ಕಾಲೇಜು ವಿದ್ಯಾರ್ಥಿಗಳ ಮೇಲೆ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯಿಂದ ಉಂಟಾದ ಪರಿಣಾಮದ ಬಗ್ಗೆ ಸಂಶೋಧನೆ ನಡೆಸಿದಾಗ ತಿಳಿದುಬಂದ ಸಂಗತಿ ಏನೆಂದರೆ ಪ್ರಸ್ತುತ ದಿನಗಳಲ್ಲಿ ಸ್ಮಾರ್ಟ್‌ಫೋನ್ ಬಳಕೆಯನ್ನು ಹೆಚ್ಚಿನ ಸಂಖ್ಯೆಯಲ್ಲಿ "20-23" ವರ್ಷದ ಒಳಗಿನ ಯುವಕ-ಯುವತಿಯರು ಬಳಸುತ್ತಿದ್ದಾರೆ ಶೈಕ್ಷಣಿಕ ಚಟುವಟಿಕೆಗಳಾದ ಸಾಮಾಜಿಕ ಜಾಲತಾಣ ವೀಕ್ಷಣೆ, ಮನೋರಂಜನಾತ್ಮಕ ವಿಡಿಯೋಗಳ ವೀಕ್ಷಣೆಗೆ ಮುಖ್ಯವಾಗಿ ಆನ್‌ಲೈನ್ ಗೇಮ್‌ಗಳನ್ನು ಆಡಲು ಬಳಸುತ್ತಿದ್ದಾರೆ. ಈ ರೀತಿಯ ಸ್ಮಾರ್ಟ್‌ಫೋನ್‌ನ ಬಳಕೆ ಮಾಡುತ್ತಿರುವುದರಿಂದ ಹದಿಹರೆಯದವರು ಮಾನಸಿಕ ಹಾಗೂ ದೈಹಿಕ ಸಮಸ್ಯೆಗೆ ತುತ್ತಾಗುತ್ತಿದ್ದಾರೆ. ಮುಖ್ಯವಾಗಿ (ಮಾನಸಿಕವಾಗಿ ಅಂದರೆ ಒತ್ತಡ, ಬೇಸರ, ಉತ್ಸಾಹ, ಆತಂಕ ಹೆದರಿಕೆ, ಭಯ) ಮುಂತಾದವುಗಳನ್ನು ಅನುಭವಿಸುತ್ತಿದ್ದಾರೆ ಎಂದು ಈ ಸಂಶೋಧನೆಯ ಮೂಲಕ ತಿಳಿದು ಬಂದಿದೆ.

ಕೀಲ ಪದಗಳು: ಕೋವಿಡ್ 19 ,ವಿದ್ಯಾರ್ಥಿಗಳು, ಸ್ಮಾರ್ಟ್‌ಫೋನ್ , ಮಾನಸಿಕ ಸಮಸ್ಯೆಗಳು

## ಕೋವಿಡ್ -19 ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ಶಾಲಾ ಮಕ್ಕಳ ಪೋಷಕರು ಎದುರಿಸುತ್ತಿರುವ ಮನೋನಾಮಾಜಕ ಸಮಸ್ಯೆಗಳು - ಒಂದು ಅಧ್ಯಯನ

-ಭೂಮಿಕ & ಸುವರ್ಷಲ ಅಂಬೇಕರ್

ಒಂದು ಶಾಲೆಯು ಶೈಕ್ಷಣಿಕ ಚಟುವಟಿಕೆಗಳನ್ನು ಒದಗಿಸಲು ಶೈಕ್ಷಣಿಕ ಚಟುವಟಿಕೆ  
ವಿನ್ಯಾಸಗೊಳಿಸಲಾಗಿರುತ್ತದೆ. ಸ್ಥಳಗಳಲ್ಲಿ ಕಲಿಕೆ ಮತ್ತು ಪರಿಸರದಲ್ಲಿ ಕಲಿಕೆಯನ್ನು ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು  
ಶಿಕ್ಷಕರ ನಿರ್ದೇಶನದಲ್ಲಿ ಹೆಚ್ಚಿನ ದೇಶಗಳು ಔಪಚಾರಿಕ ಶಿಕ್ಷಣದ ವ್ಯವಸ್ಥೆಯನ್ನು ಹೊಂದಿದೆ. ಅದು  
ಕೆಲವೊಮ್ಮೆ ಕಡ್ಡಾಯವಾಗಿರುತ್ತದೆ. ಈ ವ್ಯವಸ್ಥೆಗಳಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳು ಶಾಲೆಗಳ ಮೂಲಕ ಪ್ರಗತಿ  
ಹೊಂದುತ್ತಾರೆ. ಆದರೆ ತರಗತಿ ಬೋಧನೆಗೆ ಆನ್ಲೈನ್ ಶಿಕ್ಷಣ ಪರ್ಯಾಯವಲ್ಲ ಎಂದು ಇದನ್ನು ಯಾವುದೇ  
ವಿದ್ಯಾರ್ಥಿಯು ಸಮರ್ಥಿಸುತ್ತಾನೆ. ಲಾಕ್ಡೌನ್ ವೇಳೆ ವಿದ್ಯಾರ್ಥಿಗಳನ್ನು ಎಂಗೇಜ್ ಮಾಡಲು ಶೈಕ್ಷಣಿಕ  
ಚಟುವಟಿಕೆಯಲ್ಲಿ ಪಾಲ್ಗೊಳ್ಳುವಂತೆ ಮಾಡಲು ಇದ್ದ ಒಂದೇ ಒಂದು ಆಯ್ಕೆಯೆಂದರೆ ಅದು ಆನ್ಲೈನ್  
ಬೋಧನೆ. ಆನ್ಲೈನ್ ಎಜುಕೇಶನ್ ಕುರಿತು ಒಬ್ಬೊಬ್ಬರು ಒಂದೊಂದು ಅಭಿಪ್ರಾಯವ್ಯಕ್ತಪಡಿಸುತ್ತಾರೆ. ಇನ್ನು  
ವಿಶ್ವಸಂಸ್ಥೆ ಗ್ರಾಮೀಣ ವಿಭಾಗದ ಮಕ್ಕಳ ಶಿಕ್ಷಣದ ಬಗ್ಗೆ ಆತಂಕ ವ್ಯಕ್ತಪಡಿಸಿದೆ. ಈ ನೆಲೆಯಲ್ಲಿ ಆನ್ಲೈನ್  
ಶಿಕ್ಷಣದ ಕುರಿತು ಒಂದಷ್ಟು ಒಳನೋಟವನ್ನು ಅಭಿಪ್ರಾಯವನ್ನು ವ್ಯಕ್ತಪಡಿಸಿದ್ದಾರೆ. ಕೋವಿಡ್- 19 ಪಿಡುಗು  
ಕೇವಲ ಭಾರತ ಮಾತ್ರವಲ್ಲದೆ ವಿವಿಧ ದೇಶಗಳಲ್ಲಿ ಹರಡಿರುವ ಅಂತಹ ಒಂದು ಸಾಂಕ್ರಮಿಕ ಪಿಡುಗು  
ಆಗಿದೆ. ಇದರಿಂದಾಗಿ ಪ್ರತಿಯೊಬ್ಬರು ಸಾಮಾಜಿಕವಾಗಿ ಮಾನಸಿಕವಾಗಿ ಹಾಗೂ ದೈಹಿಕವಾಗಿ ಸಮಸ್ಯೆಗೆ  
ಒಳಗಾಗಿದ್ದಾರೆ. ಹಾಗೆ ಮುಖ್ಯವಾಗಿ ಶಾಲೆಗಳು ಬಹಳ ತಿಂಗಳುಗಳ ಕಾಲ ಮುಚ್ಚಿರುವುದರಿಂದ ಶಾಲಾ  
ಮಕ್ಕಳ ಪೋಷಕರು ತೊಂದರೆಯನ್ನು ಅನುಭವಿಸುತ್ತಿದ್ದಾರೆ. ಶಾಲಾ ಮಕ್ಕಳ ಪೋಷಕರು ಲಾಕ್ಡೌನ್  
ಸಂದರ್ಭದಲ್ಲಿ ಶಾಲಾ ಮಕ್ಕಳು ಸಮಯವನ್ನು ಮನೆಯಲ್ಲಿ ಕಳೆಯುತ್ತಿದ್ದ ಕಾರಣ ಮಾನಸಿಕ ಒತ್ತಡವನ್ನು  
ಅನುಭವಿಸಿದ್ದಾರೆ. ಹಾಗೂ ಈ ಸಂದರ್ಭದಲ್ಲಿ ಶಾಲೆಗಳು ಇಲ್ಲದಿರುವುದರಿಂದ ಮಕ್ಕಳಿಗೆ ಸ್ವಯಂ  
ಕಲಿಕೆಯನ್ನು ಪ್ರೋತ್ಸಾಹಿಸುವಲ್ಲಿ ಮಾನಸಿಕ ಸವಾಲನ್ನು ಎದುರಿಸುತ್ತಿದ್ದಾರೆ. ಇದಲ್ಲ  
ವಿಷಯಗಳನ್ನು ಇಟ್ಟುಕೊಂಡು ಶಾಲಾ ಮಕ್ಕಳ ಮೇಲೆ ಆನ್ಲೈನ್ ತರಗತಿಗಳು ಜೀರುವ ಪರಿಣಾಮವನ್ನು ಈ  
ಸಂಶೋಧನೆಯಲ್ಲಿ ತಿಳಿಸಲಾಗಿದೆ.

ಕೀಲ ಪದಗಳು: ಕೋವಿಡ್-19, ಆನ್ಲೈನ್ ತರಗತಿ, ಶಾಲಾ ಮಕ್ಕಳು, ಪೋಷಕರು, ಆರೋಗ್ಯ.

## **A STUDY ON THE PSYCHOLOGICAL IMPACT OF COVID-19 ON EMPLOYEES IN INDUSTRIAL AND CORPORATE SECTOR**

**-KUNAL.GS & SUVARCHALA AMBEKAR**

### **Abstract**

This research is on the psychological impact on employees of corporate and Industrial sector during covid-19. It focuses on the psychological problems faced by the employees during pandemic situation. Many of the employees are working from home, the working hours are increased and the employees are stressed due to overload and also some of them are paid less. At the same time, they are more anxious about health than before. They need to know the ways of handling stress and other issues. This research mainly intended to know about the problem faced and the coping strategies adopted by the employees. Type of the study adopted to address the purpose of the study is Qualitative in nature. Study conducted on those who are working in industrial and corporate sectors; questionnaire was framed and by using Google form, sent it through WhatsApp. The sample size is limited and method used for the data analysis is Convenient sampling. Study shows that majority of the as the research says that the majority of the respondents don't have fear of losing the job but the respondents are stressed during this pandemic situation. The respondents don't have any psychological problems but they are more anxious about their health than before. They could able to balance both their work and family life to some extent. There is no support from many of the companies to maintain the psychological well-being of the employees. So this research helped to understand the psychological wellbeing of the employees of industrial and corporate sectors.

*Key words: psychological impact, COVID-19, stress, anxious and health.*



## "ಕೋವಿಡ್-19 ಪಿಡುಗಿನಸಂದರ್ಭದಲ್ಲಿಮನೆ ಕೆಲಸ ಮಾಡುವ ಮಹಿಳೆಯರ ಮನೋನಾಮಾಜಕ ಪರಿಸ್ಥಿತಿ ಕುರಿತುಅಧ್ಯಯನ"

-ರಂಜಿತ ಆರ್ & ಮಂಜುನಾಥ್ ಸ್ವಾಮಿ ಎಸ್,

ಇದು ಹಿಂದಿನ ಯುಗದ ಕಥೆ ಅಂದು ಭಾರತದಲ್ಲಿ ಕೆಲಸ ಮಾಡುವವರನ್ನು ಕೂಲಿ ಕಾರ್ಮಿಕರು ಎಂದು ಕರೆಯಲ್ಪಡುತ್ತಿದ್ದರು. ಆದರೆ ಇಂದು ಸ್ವಲ್ಪ ಭಿನ್ನವಾಗಿ ಗೃಹ ಕಾರ್ಮಿಕರು ಎಂದು ಹೆಸರಿಸಲಾಗುತ್ತದೆ. ಆದರೆ ಸ್ಥಾನಮಾನಗಳ ಪ್ರಶ್ನೆಗೆ ಬಂದರೆ ಯಾವುದೇ ಬದಲಾವಣೆಗಳು ಕಂಡುಬಂದಿಲ್ಲ. ಮಾಲೀಕರು ಅವರ ಕೆಲಸಕ್ಕೆ ಇಂತಿಷ್ಟು ಹಣವನ್ನು ನಿಗದಿಪಡಿಸಿರುತ್ತಾರೆ ಮತ್ತು ಗೃಹಕಾರ್ಮಿಕರ ಕೆಲಸದ ಅನುಗುಣವಾಗಿ ಅವರಿಗೆ ಆ ಹಣವು ಸಂದಾಯವಾಗುತ್ತದೆ. ಹೆಚ್ಚು ಗೃಹ ಕಾರ್ಮಿಕರು ಹಳ್ಳಿಗಳಿಂದ ಬಂದಿರುವವರಾಗಿರುತ್ತಾರೆ. ಉದ್ಯೋಗವನ್ನುಅರಸಿಕೊಂಡು ಪಟ್ಟಣಗಳಿಗೆ ವಲಸೆ ಬರುವುದು ಸಾಮಾನ್ಯವಾದ ವಿಷಯವಾಗಿದ್ದು, ಇಲ್ಲಿ ಅವರು ಬದುಕು ನಡೆಸಲು ಪ್ರಾರಂಭಿಸುತ್ತಾರೆ. ಹೀಗೆ ವಲಸೆ ಬಂದಂತಹ ಗೃಹ ಕಾರ್ಮಿಕರಲ್ಲಿ 90% ಮಹಿಳೆಯರು ಮತ್ತು ಹುಡುಗಿಯರು ಆಗಿರುತ್ತಾರೆ. ಇವರು ತಮ್ಮ ಸಂಪ್ರದಾಯ, ಭಾವ, ನಡತೆ, ಬದುಕುವ ರೀತಿ ಎಲ್ಲವನ್ನು ಪಟ್ಟಣಗಳಿಗೆ ಬಂದಕೂಡಲೇ ಬದಲಾಯಿಸಿಕೊಳ್ಳುತ್ತಾರೆ. ಕೋವಿಡ್ -19 ಪಿಡುಗು ಸಂಪೂರ್ಣ ಮನುಕುಲವನ್ನೆ ಹೆದರಿಸುತ್ತಿದ್ದು ಕೇವಲ ಭಾರತದಲ್ಲಿ ಅಲ್ಲದೆ ಪ್ರಪಂಚದ ಎಲ್ಲಾ ದೇಶಗಳು ಸಮಸ್ಯೆ ಅನುಭವಿಸುತ್ತಿದೆ ಕೇವಲ ಆರೋಗ್ಯದ ದೃಷ್ಟಿಯಿಂದಲ್ಲದೆ ಆರ್ಥಿಕವಾಗಿ, ಸಾಮಾಜಿಕವಾಗಿ, ಮಾನಸಿಕವಾಗಿ ತೋಂದರೆಗೆ ಒಳಗಾಗಿದ್ದಾರೆ. ಗೃಹ ಕಾರ್ಮಿಕರು ಇವರು ಕೋವಿಡ್ ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ಅನುಭವಿಸಿರುವ ಸಮಸ್ಯೆಗಳ ಮೇಲೆ ಬೆಳಕು ಚೆಲ್ಲುವ ಕೆಲಸವನ್ನು ಈ ಸಂಶೋಧನೆಯಲ್ಲಿ ಮಾಡಲಾಗಿದೆ.

ಕೆಲ ಪದಗಳು: ಕೋವಿಡ್-19, ಗೃಹ ಕಾರ್ಮಿಕರು, ಅರೋಗ್ಯ, ಆರ್ಥಿಕ ಮತ್ತು ಸಾಮಾಜಿಕ ಪರಿಸ್ಥಿತಿ

## A STUDY ON FAMILY WELLBEING DURING PANDEMIC

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DR. SANDHYA KAVERI K

### Abstract

The COVID-19 pandemic poses an acute threat to the well-being of children and families due to challenges related to social disruption such as financial insecurity, care giving burden and confinement related stress (e.g., crowding, changes to structure, and routine). The consequences of these difficulties are likely to be longstanding, in part because of the ways in which contextual risk permeates the structures and processes of family systems. The studies showed that the well-being of children and families were at risk, family adjustment and family functioning have been disrupted due to different psycho social causes during COVID-19. Therefore, the current study aims at exploring the quality of life of family and different psycho social issues in the families during COVID 19 situation. Type of the study adopted to address the purpose of the study is Qualitative in nature. Study conducted on family member to know about psychological and social-economic conditions of family through online mode; questionnaire was framed and by using Google form, sent it through whats app. The sample size is limited and method used for the data analysis is thematic analysis. Study shows that majority of the family though there are changes in the financial, social and psychological conditions in a family, the families have started to adapt with the changes, tried to spend time with the family member, planning certain measure to cope with economically changes and improve quality of life with-in a family.

*Key words: family wellbeing, COVID 19, psycho social, Parents, Skills*

## “ಕೋವಿಡ್ 19 ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ವಿವಾಹಿತ ಮಹಿಳೆಯರ ಮೇಲೆ ಉಂಟಾದ ಮಾನಸಿಕ ಹೊರೆ-ಒಂದು ಅಧ್ಯಯನ”

-ತೇಜಸ್ವಿನಿ ಎಂ & ಡಾ. ಸಂಧ್ಯಾ ಕಾವೇರಿ ಕೆ

ಕೋವಿಡ್-19 ಪಿಡುಗಿನಿಂದಾಗಿ ಪ್ರಪಂಚದಾದ್ಯಂತ ಜನರು ಹಲವಾರು ರೀತಿಯ ಸಮಸ್ಯೆಯನ್ನು ಎದುರಿಸಿದ್ದಾರೆ. ಅದರಲ್ಲಿ ಮುಖ್ಯವಾಗಿ ವಿವಾಹಿತ ಮಹಿಳೆಯರು ಸಾಮಾಜಿಕವಾಗಿ, ಆರ್ಥಿಕವಾಗಿ, ಮಾನಸಿಕವಾಗಿ, ದೈಹಿಕವಾಗಿ, ವೈಯಕ್ತಿಕವಾಗಿ ಹಲವಾರು ರೀತಿಯ ತೊಂದರೆಯನ್ನು ಎದುರಿಸಿದ್ದಾರೆ. ವಿವಾಹಿತ ಮಹಿಳೆಯರು ಸಂದರ್ಭದಲ್ಲಿ ಸಾರ್ವಜನಿಕ ಸಭೆ ಸಮಾರಂಭಗಳಿಗೆ ಹೋಗಲು ಸಾಧ್ಯವಾಗಿಲ್ಲ ಹಾಗೆಯೇ ಹಬ್ಬ ಹರಿದಿನಗಳನ್ನು ಆಚರಿಸಲು ಸಾಧ್ಯವಾಗಿಲ್ಲ. ಆರ್ಥಿಕವಾಗಿ ಮನೆ ನಿಭಾಯಿಸಲು ಸಾಧ್ಯವಾಗದೆ ತೊಂದರೆಯನ್ನು ಅನುಭವಿಸಿದ್ದಾರೆ. ಕೋವಿಡ್-19 ನಿಂದಾಗಿ ಹೆಚ್ಚಿನ ಭಯಕ್ಕೆ ಒಳಗಾಗಿದ್ದಾರೆ ಹಾಗೆಯೇ ಮಾನಸಿಕ ಒತ್ತಡವನ್ನು ಅನುಭವಿಸಿದ್ದಾರೆ. ಮನೆಯಲ್ಲಿ ಮಕ್ಕಳನ್ನು ನಿಭಾಯಿಸುವಲ್ಲಿ ಮಾನಸಿಕ ಕಿರಿಕಿರಿಯನ್ನು ಎದುರಿಸಿದ್ದಾರೆ. ಹಲವಾರು ಮಹಿಳೆಯರು ತಮ್ಮ ಮಾನಸಿಕ ಸಮಸ್ಯೆಗೆ ಆಪ್ತ ಸಮಾಲೋಚನೆಯನ್ನು ಪಡೆದಿದ್ದಾರೆ. ಇದರೊಂದಿಗೆ ಕೆಲವು ಮಹಿಳೆಯರು ಕುಟುಂಬ ಸದಸ್ಯರಿಂದ ಶೋಷಣೆಗೆ ಒಳಗಾಗಿದ್ದಾರೆ ಮತ್ತು ಕುಟುಂಬ ಸದಸ್ಯರೊಂದಿಗೆ, ನೆರೆಹೊರೆಯವರೊಂದಿಗೆ, ಸ್ನೇಹಿತರೊಂದಿಗೆ ಹೊಂದಾಣಿಕೆ ಸಮಸ್ಯೆಯನ್ನು ಎದುರಿಸಿದ್ದಾರೆ. ಮನೆಯಲ್ಲಿ ಗಂಡ-ಹೆಂಡತಿಯ ನಡುವೆ ಮಕ್ಕಳು ಪೋಷಕರ ನಡುವೆ ನೆರೆಹೊರೆಯವರ ನಡುವೆ ಜಗಳಗಳು ಸಂಭವಿಸಿವೆ. ಪಿಡುಗಿನ ಸಂದರ್ಭದಲ್ಲಿ ಮಹಿಳೆಯರಿಗೆ ತಮ್ಮ ವೈಯಕ್ತಿಕ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ಸೂಕ್ತ ವೈದ್ಯಕೀಯ ಸೇವೆ ದೊರೆಯುವಲ್ಲಿ ಸಮಸ್ಯೆ ಉಂಟಾಯಿತು. ಅನೇಕ ಮಹಿಳೆಯರು ಸೋಂಕಿನಿಂದ ಕುಟುಂಬ ಸದಸ್ಯರನ್ನು ಕಳೆದುಕೊಂಡು ಮಾನಸಿಕ ನೋವನ್ನು ಅನುಭವಿಸಿದರು. ಹೀಗೆ ಅವರ ಮನೋ ಸಾಮಾಜಿಕ ಸ್ಥಿತಿಗತಿಯ ಮೇಲೆ ಈ ಸಂಶೋಧನೆ ಬೆಳಕು ಚೆಲ್ಲಿದೆ.

ಕೀಲ ಪದಗಳು: ಕೋವಿಡ್ 19, ವಿವಾಹಿತ ಮಹಿಳೆಯರು, ಮಾನಸಿಕ ಆರೋಗ್ಯ, ಆರ್ಥಿಕ ಸ್ಥಿತಿಗತಿ, ಹೊಂದಾಣಿಕೆ